A CLOSET for LADIES and GENTLEWOMEN,

OR,

The Art of preseruing, Conseruing, and Candying.

With the manner howe to make diuers kinds of Syrups: and all kind of banqueting stuffes.

Also diuers soueraigne Medicines and Salues, for sundry Diseases.

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BRITISH MUSEUM

An especiall note of Confectionary.

To preserue Pippyns red.

TAke your best coloured Pippins and pare them, then take a percer and bore a hole through them, then make syrupe for them as much as wil couer them, and so let them boyle in a broad preseruing pan: put into them a pece of Cynamon sticke, and so let them boyle close couered verie leasurely, turning them very often, for if you turne them not very often, they will pot, and the one side will not bee like the other, and let them

thus boyle, vntil they begin to gelly, then take them vp and pot them, and you may keepe them all the yeare.

To preserue Pippins white.

TAke faire large Pippins, and after Candlemas pare them, and bore a hole through them, as you did for the red ones, then make a weake Syrope for them, and so let them boyle till they be tender, then take them vp, and boyle your syrope a little higher, then put them vp in a Gally pot, and let them stand all night, and the next morning the Syrope will be something weaker, then boyle the Syrope againe to his full thicker esse, and so pot them, and you may keepe them all the yeare. If you please to haue them taste a pleasant taste more then the naturall Pippin, put in one graine of muske, and one droppe of the Chymicall oyle of Cynnamon, and that will make

make them taſte a more pleaſant taſte.

To preſerue Pippins greene.

TAke Pippins when they be ſmall and greene of the tree, and pare three or foure of the worſt, and cut them all to pieces, then boyle them in a quart of faire water till they be pap, then let the liquor come from them as you do from your quodiniacke into a baſon, then put into thē one pound of ſugar clarified, and put into this as many greene Pippins vnpared as that liquor will couer, and ſo let them boyle ſafely, and when you ſee they be boyled as tender as a quodling, then take them vp, and pill of the outtermoſt white skinne, and then your Pippins will be greene, then boyle them in your Syrope againe till the Syrope be thicke: and ſo you may keepe them all the yeare.

To preserue Apricockes.

TAke a pound of Apricockes, and a pound of sugar, and claryfie your sugar with a pint of water, and when your sugar is made perfect, put it into a Preseruing-pan, & put your Apricockes into it and so let them boyle gently, and when they bee boyled ynough and your Syrope thicke, pot them and so keepe them. In like maner may you preserue a Pear-plum.

To preserue Mirabolans or Malacadonians.

TAke your Malacadonians and stone them, and per boyle them in water, then pill of the outward skin of them, they will boyle as long as a peece of beefe, & therefore you need not feare the breaking of them, and when they be boyled tender make Syrope for them, and preserue them as

as you doe any other thing, and so you may keepe them all the yeare.

To preserue Pomcitrons.

TAke your Pomcitrons one pound and a halfe, and cut them some in halfes, some in quarters, and take the meate out of them, and boyle them tender in faire water, then take two pounds of sugar being clarified, and make Syrope for them, and let them boyle in syrope a quarter of an houre very gently, then take them vp, and let your Syrope boyle til it be thicke, and then put in your Pomcitrons, and you may keepe them al the yere. If you please you may pare some of them, for some delight the skin, and some pared.

To preserue Cherries.

TAke of the best and fayrest Cherries some two pound, and with a paire of sheeres clippe of the stalkes

by the midſt, then waſh them cleane, and beware you bruiſe them not, then take of fine barbarie ſugar, and ſet it ouer the fire with a quart of faire water in the brodeſt veſſell you can get, and let it ſeeth til it be ſomewhat thicke, then put in your Cherries, and ſtirre them together with a ſiluer ſpoone and ſo let them boyle, alwayes ſcumming, and turning them very gently, that the one ſide may be like the other, vntill they be ynough, the which to know, you muſt take vp ſome of the ſyrope with one Cherrie, and ſo let it coole, and if it will ſcarce run out it is ynough, and thus being cold, you may put them vp, and keepe them all the yeare.

To preſerue red Roſe leaues.

TAke of the leaues of the faireſt buds halfe a pound, ſift them clean from ſeeds, then take a quart of faire water, and put it in a earthen pipkin, and

and ſet it ouer the fire vntill it bee ſcalding hot, and then take a good many of other red Roſe leaues, and put them into the ſcalding water, vntill they begin to looke white, and then ſtraine them, and thus do vntill the water looke very red: then take a pound of refined ſugar, and beat it fine, and put it into the liquor with halfe a pound of Roſe leaues, and let them ſeeth together till they bee ynough, the which to know is by taking ſome of them vp in a ſpoone, as you doe your Cherries, and ſo when as they be thorow cold, put them vp, and keepe them very cloſe.

To preſerue Oranges and Lymonds.

TAke your Oranges and Lymonds large and well coloured, and take a raſpe of ſteele, and raſpe the outward rind from them, then lay them in water three dayes and three nightes, then boyle them tender and

and shift them in the boyling to take away their bitternesse, and when they bee boyled tenderly, take two pound of suger clarified with a pint of water, and when your syrope is made, and betwixt hot and cold, put in your Lymonds and Oranges, and there let them bee infused all night, the next morning let them boyle two or three walmes in your Syrope, let them not boyle too long in the sugar, because the rinds will be tough, take your Lymonds out and boyle your Syrope thicker, and so when it is colde, put them vp and keepe them all the yeare.

To preserue Quinces.

TAke your Quinces two pound, & core them, & then perboyle them, & pil off the outtermost white skin, and then weigh them, and put them into claryfied sugar one pound, and then boyle them closly couered vpon a very

a very gentle fire, putting vnto them a ſticke or two of good Cynnamon, cut into ſmall pieces, and ſo ſtirre them continually that they may be well coloured on euery ſide: and when the ſyrop is come to the height of a perfect gelly, take them off the fire, and ſo keepe them, for the higher your ſyrope is, the better will your Quinces keepe.

To preſerue Peaches.

TAke a pound of your fayreſt and beſt coloured Peaches, and with a wet linnen cloth wipe of the white hoare of them, then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water, and being perboyled, pill off the white skin of them, and then weigh them; take to your pound of Peaches, three quarters of a pound of refined ſugar, and diſſolue it in a quarter of a pint of white wine, and boyle it almoſt to the

the height of a Syrope, and then put in your Peaches, and let them boyle in the Syrope a quarter of an houre or more if neede should require, and then put them vp, and keepe them all the yeare.

To preserue Eringus Rootes.

TAke your Eringus Rootes fayre, and not knottie one pound, and wash them cleane, and when they be washed, set them on the fire, and boyle them very tender, pill off the outermost skinne of them, but see you breake them not, and as you pare them put them into cold water, and let them remaine there till all be finished, and then you must take to euery pound of Rootes, three quarters of a pound of clarified sugar, and boyle it almost vnto the height of a syrope, and then put in your rootes, but looke that they boyle very gently together, with as little stirring as may

may bee for feare of breaking, vntill they be ynough: and when they bee cold, put them vp, and so keepe them.

To preserue Barberies.

TAke your Barberies very faire and well coloured, and picke out euery stone of them, and then weigh them, and to euery ounce of Barberies, you must take three ounces of hard sugar, and with halfe an ounce of the pulpe of Barberies, and one ounce of red Rose water, you must dissolue your suger: and then boyle it to a syrope, being so boyled, put in your Barberies, and let them boyle a quarter of an houre, and then take them vp, and as soone as they begin to waxe coole, put them vp, and they will keepe their colour all the yeare.

To preserue Goos-berries.

TAke of your large Berries, but not thoroughly ripe, and picke off all the staulkes from them, and

and wash them cleane, take a pound of them, and set them on the fire, till they bee hot, and then take them off, and let the liquor run from them, then take ten ounces of hard sugar, and foure ounces of suger Candie, and clarify it with a pint of water and the white of an egge, and boyle it to a thicke Syrope, and then put in your Goos-berries, and let them boyle one walme or two, and so betwixt hot and cold, put them vp, & keepe them all the yeare.

To preserue Damsins.

TAke of your Damsins large and well coloured, but not thorough ripe, for then they will breake, and picke them cleane and wipe them one by one, then weigh them, and to euery pound of damsins, you must take a pound of Barbery sugar white & good, & dissolued in halfe a pint or more of water, and boyle it almost to the

the height of a Syrope, and then put in your Damsins, keeping them with continuall scumming, and stirring, and that with a siluer spoone, and so let them boyle vntill they be ynough vpon a gentle fire, and when they be ynough, take them vp, & keepe them all the yeare.

To preserue Raspises.

TAke of your fayrest and well coloured Raspises, and picke of their staulkes very cleane, then wash them, but in any case see that you bruise them not: then weigh them, and to euery pound of Raspises you must take sixe ounces of hard sugar, and sixe ounces of Sugar-candy, & clarifie it with halfe a pint of faire water, and foure ounces of iuyce of Raspises, being clarified, boyle it to a weake Syrope, and then put in your Raspises, stirring them vp and down, and so let them boyle vntill they bee ynough:

ynough: That is, vsing them as your Cherries, and so may you keep them all the yeare.

To preserue Enula Campana rootes.

TAke of your Enula Campana rootes, & wash them, scrape them verie cleane, and cut them thin vnto the pith, the length of your little fingar, and as you cut them, put them into water, and let them lie in water thirtie dayes, shifting them twise euery day to take away their bitternes, weigh them, and to euery pound of rootes, you must take xij. ounces of clarified sugar, first boyling your rootes as tender as a Chickin, and then put them into your clarified sugar, and let them boyle vpon a gentle fire, vntill they be ynough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your vse.

To preserue Saterion Rootes.

TAke your Saterion Rootes, and picke out the faire ones, & keepe them by themselues, then wash them, and boyle them vpon a gentle fire, as tender as a quodling, then take them off, and pare off the blackest skinne of them, and put them as you pare them into faire water, and so let them remaine one night and then weigh them, and to euery pound of rootes, you must take xj. ounces of clarified sugar, and boyle it almost to the height of a syrope, and then put in your rootes, but take heede they boile not too long, for then they will grow hard and tough, and therefore when they bee boyled ynough, take them off, and set them a cooling, and so keepe them according to the rest.

Heere endeth the Preseruation.

To make Manus Christi.

TAke halfe a pound of refined Suger, and some Rose water, and boyle them together, till it come to suger againe, then stirre it about while it be somewhat cold, then take your leafe gould, and mingle with it, then cast it according to art, That is, in round gobbets, and so keepe them.

To Candy Ginger.

TAke very faire and large Ginger, and pare it, and then lay it in water a day and a night, then take your double refined suger, and boyle it to the height of Suger againe, then when your suger beginneth to bee cold, take your Ginger, and stirre it well about while your suger is hard to the panne, then take it out race by race, and lay it by the fier for foure

howers, then take a pot and warme it, and put the Ginger in it, then tye it very close, & euery second morning stirre it about roundly, and it will be rocke Candied in a very short space.

To Candy Rose leaues as naturally as if they grew vpon the Tree.

TAke of the fayrest Rose leaues, red or dammaske, and on a Sun-shine day sprinkle them with Rose water, and lay them one by one vpon faire paper, then take some double refined suger, and beat it very fine, and put it in a fine lawne searce, when you haue layd abroad all the Rose leaues in the hottest of the sunne, searce suger thinly all ouer them, then anon the Sun will candy the suger, then turne the leaues, and searce suger on the other side, and turne them often in the Sun, sometimes sprinkling Rose water, & sometimes searsing suger on them, vntill they be ynough, and come to

your liking: and being thus done, you may keepe them.

To Candy Marigolds in wedges the Spanish fashion.

TAke of the faire yealow Marigold flowers, two ounces, and shred them, and dry them before the fire, then take foure ounces of suger, and boyle it to the height of Manus Christi, then powre it vpon a wet Pie-plate, and betwixt hot and cold, cut it into wedges, then lay them on a sheete of white paper, and put them in a stone.

To Candy all manner of flowers in their naturall colours.

TAke the flowers with the stalkes, and wash them ouer with a little Rose water, wherein Gum-arabecke is dissolued, then take fine searsed suger, and dust ouer them, and set them a dry-

a drying on the bottome of a siue in an ouen, and they will glister as if it were Suger-candy.

To Candy all sorts of flowers, fruits, and spices, the cleere rocke Candy.

TAke two pound of Barbarie Suger, great grained, clarified with the whites of two egges, and boyle it almost as hie as for Manus Christi, thē put it into a Pipkin, That is, not very rough, then put in your flowers, fruits and spices, and so put your Pipkin into a still, and make a small fire of small coales vnder it, and in the space of twelue dayes, it will be rocke candied.

To Candie Eringus rootes.

TAke your Eringus ready to be preserued, and weigh them, and to euery pound of your rootes, you must take of the pureſt suger you can get,

two pound, and clarifie it with the whites of egges exceeding well, that it may be as cleere as Christall: for then it will be very commendable: it being clarified, you must boyle it to the height of Manus Christi, & then dippe in your rootes, two or three at once, till they be all candied, and so put them in a Stow, and keepe them all the yeare.

To Candie Elecampane.

TAke of your faireſt Enula Campana rootes, and take them cleane from the Syrupe, and waſh the ſuger off them, and drye them againe with a linnen cloth, then weigh them, and to euery pound of rootes you muſt take a pound and three quarters of ſuger, and clarifie it well, and boyle it to the height of Manus Christi, and when it is ſo boyled, dippe in your rootes, three or foure at once, and they will candie very well, and ſo

ſtone

ſtone them, and keepe them all the yeare.

To Candy Violet flowers.

TAke of your Violet flowers which are good and new, and wel coloured, and weigh them, to euery ounce of your Violet flowers, you muſt take foure ounces of refined ſuger, which is very white and faire grained, and diſſolue it in two ounces of faire running water, and ſo boyle it til it come to ſuger againe, but you muſt ſcum it often, leaſt it be not cleare ynough, and when it is boyled to ſuger againe, then take it off, and let it coole, and then put in your Violet flowers, ſtirring them together till the ſuger grow hard to the pan: this done, put them into a boxe, and keepe them in a ſtoaue.

To Candy Goos-berries.

TAke of your faireſt Berries, but they muſt not bee two ripe, for then they will not bee ſo good, and with a linnen cloth wipe them verie cleane, and picke off all the ſtaulkes from them, and weigh them, and to euery ounce of Berries, you muſt take two ounces of ſuger, and halfe an ounce of Suger-candy, and diſſolue them in an ounce or two of Roſe water, & ſo boyle them vp to the height of Manus Chriſti, and when it is come to his perfect height, let it coole and put in your Berries, for if you put them in hot, they will ſhrinke, and ſo ſtirre them round with a wooden ſpatter, till they bee candied: and thus put them vp and keepe them.

To Candy Roſemarie flowers.

TAke of your Roſemarie flowers, readie pickt, and weigh them, to euery

uery ounce of flowers, you muſt take two ounces of hard ſuger, and one ounce of Suger-candy, and diſſolue them in Roſemarie flower water, and boyle them till they come to ſuger againe; which done, put in your Roſemarie flowers, when as your ſuger is almoſt cold, and ſo ſtirre them together, vntill they be ynough, and then take them out, and put them in a boxe, and keepe them to your vſe in your ſtoaue.

To Candy Borrage flowers.

TAke your flowers, & picke them very cleane, & weigh them, & vſe them in euery reſpect as you did your roſemary flowers, ſaue this, that whe they be candied, you muſt ſet them in a ſtill, & ſo keepe them in a ſheete of white paper, putting euery day a chafindiſh of coales into your Still, and it will be candied very excellently, and that in a ſhort ſpace.

Here endeth the ſorts of Candying.

To

To make Past of Pippins the GENVA fashion, some with leaues, some like Plums with staulkes, and stones in them.

TAke your Pippins, and pare them, and cut them in quarters, then boyle them in faire water till they be tender, then straine them, and drie the pulpe vpon a Chafindish of coales, then weigh it, & take as much suger as it weigheth, and boyle it to Manus Christi, and put them together, then fashion them vpon a Pie-plate, and put it into an Ouen, being very sleightly heat, the next morning you may turn it, and put them off the plates vpon sheetes of paper vpon a hurdle, and so put them into an Ouen of like heat, and there let them remaine foure or

fiue dayes, putting euery day a Chafindish of coales into the Ouen, and when they be thorow dry, you may boxe them, and keepe them all the yeare.

To make Past of Eglantine of the colour of the red Corall.

TAke your Eglantine Berries, otherwise called Hips, and stampe them in a morter, with Gum-tragacant and Rose water, then strayne it thorough a strayner, then take halfe a pound of refined suger, beaten and searsed, and worke it vp into Past with this strayning, then print it with your moulds, then stoue it, and then guild them.

To make Past Royall white.

TAke a pound of refined suger beaten and searsed, and put into an Alabaster morter, with an ounce of Gum-tragacant, steeped in Rose water,

ter, and if you see your Past bee too weake, put in more suger, if too drie, more gumme, with a droppe or two of oyle of Cynamon, so that you neuer deceiue your selfe to stand vpon quantities, beat it into perfect Past, and then you may print it with your moulds, and when it is drie, guild it, and so keepe them.

To make Past royall in spises.

TAke of Cynamon and Ginger, of each a like quantitie, being finely searsed, mingle it with your searsed suger, and Gum-tragacant steeped in Rose water, and worke it into Past, as you did your Past royall white, and then you may turne it vpon stickes made of peeces of arrowes, and make them hollow like Cynamon stickes: in like sort you may make it tast of what spices you please.

To

To make Paſt of Genua the true way.

TAke two pound of the Pulpe of Quinces, and as much of peaches, and ſtraine it, and drie it in a pewter platter vpon a Chafindiſh of coles, then weigh it, and take as much ſuger as it weigheth, and boyle it to the height of Manus Chriſti, and then put them together, and ſo faſhion it vpon a Pie-plate, and dry it in an Ouen with a Chafindiſh of coales, vntill it be throrough drie, and then if it pleaſe you, you may ſpot them with Gold.

To make Paſt of Violets.

YOu muſt take of your Violets, which are ready picked, & bruiſe them in an Alabaſter or marble morter, and wring the iuyce from them into a porringer, and put as much hard

hard ſuger in fine powder as that iuyce will couer, drie it, and then powder it againe, and then take as much Gum-tragacant ſteeped in roſe water, as wil bring this ſuger into a perfect paſt, when it is perfect, take it vp and print it with your moulds, and ſo drie it in your Stoaue, and not by the fire for feare of daunger, and when it is drie, guild it. It is a fine banqueting conceit.

To make Paſt of Gooſ-berries.

TAke of your Gooſ-berries, and cut them one by one, and wring the iuyce from them, till you haue gotten ſo much as you thinke wil ſerue your turne, boyle your iuyce a little, that it may be the thicker, then take as much double refined ſuger, as your iuyce will ſharpen, and dry it as you did for your Violets, and being drie, beat it very fine, and take as much Gum-tragacant ſteeped in Red roſe water as

as will ſerue, and beate it into perfect paſt in an Alabaſter morter, and then take it vp, and print it with your moulds, vſing it in euery reſpect as your paſt of Violets: This is excellent good for one that hath a weake ſtomacke.

Here

Here beginneth Banqueting conceits, as *Marmalades, Quodiniackes*, and such like.

To make Muskadine Comfits.

TAke halfe a pound of Muske ſuger beaten and ſearſed, then take Gum-tragacant, ſteeped in Roſe water, and two graines of Muske, and ſo beat them in an Alabaſter morter, till it come to perfect Paſt, then driue it verie thinne with a rowling pinne, and then cut it into ſmall pieces like Diamonds, ſome cut with

with a rowle ſpoone on the ſides: being thus cut, ſtoue them, and ſo keepe them all the yeare.

To make Diacitonium ſimplex of Quinces.

TAke of your Quinces, and pare them, and cut them in pieces, and boyle a pound of theſe pieces in a quart of faire water, till they be very ſoft: then let the liquor runne from them, then take a pound of Sugercandy, and beate it fine, and put it into that liquor, and let it ſeeth till you ſee it ſtand like Gelly, then take it from the fire, and put therein foure droppes of oyle of Cynnamon and Nutmegs, and then put in fiue and twentie leaues of fine gold and ſtirre it together, and ſo put it in fine Chriſtall Glaſſes, and keepe it all the yeare.

To make fine Christall Gelly.

TAke a knuckle of veale, and foure Calues feete, and set them on the fire with a Gallon of faire water, and when the flesh is boyled tender, take it out, then let the liquor stand still vntill it be cold, then take away the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified suger, foure or fiue droppes of oyle of Cynnamon and Nutmegs, a graine of Muske, and so let it boyle a quarter of an houre leasurely on the fire, then let it run through a gelly bagge into a bason with the whites of two egges beaten, & when it is cold, you may cutte it into lumpes with a spoone, and so serue three or foure lumpes vpon a plate.

To make white leach of creame.

TAke a pint of ſweete creame, and ſixe ſpoone-fuls of Roſe water, and two graines of Muske, two drops of oyle of Mace, or one piece of large Mace, and ſo let it boyle with foure ounces of Iſin-glaſſe: then let it run downe through a gelly bagge, when it is cold, ſlice it like brawne, and ſo ſerue it out: this is the beſt way to make leach.

To make a Walnut, that when you cracke it, you ſhall find Biſkets, and Carrawayes in it, or a prettie Poſey written.

TAke a piece of your Paſt royall white, being beaten with Gum-tragacant, and mixed with a little fine ſearſed Cynnamon, which will bring your paſt into a Walnut

shell colour, then driue it thinne, and cut it into two pieces, and put the one piece into the one half of your mould, and the other into the other, then put what you please into the nut, and close the mould together, & so make three or foure Walnuts.

To make Quodiniacke of plums.

TAke two pound of plummes, and put them into a posnet with a pound and halfe of brasill suger, clarified with a pint of faire water, and let it boyle till the plummes breake, then take it off, and let your liquid substance run through a strayner, and then put it againe into the posnet, and so let it boyle till it come to his thicknesse, and then print it with your moulds on what fashion you please.

To make Biskatello.

TAke two ounces of very fine suger, beaten and searsed, and put into

into it halfe a ſpoon-full of Amidum, That is, white ſtarch, a graine of Muske, then beat it into perfect paſt with Gum-tragacant ſteeped in Roſe water, then make it into little pretie loaues, the faſhion of manchets, and ſo put a wafer in the bottome of euery one of them, and bake them in a baking-pan, but take heede your pan be not hot, and ſo ſpecke them with gould, and ſo boxe them. It is a very fine banqueting conceit.

To make a ſpeciall ſweet water to perfume clothes in the foulding, being waſhed.

TAke a quart of Dammaske roſe water, and put it into a glaſſe, put vnto it a handful of Lauender flowers, two ounces of Orris, a dram of Muske, the weight of foure pence of Amber-greece, as much ciuet, foure drops of oyle of cloues, ſtoppe this cloſe and ſet it in the Sun

a fortnight: put one ſpoonfull of this water into a baſon of common water, and put it into glaſſe, & ſo ſprinkle your clothes therewith in your folding, the drugs left in the bottome, (when the water is ſpent) will make as much more, if you keepe them, and put freſh Roſe water to it.

To make Moſſe powder.

TAke two pound of Moſſe of a ſweete Apple-tree, gathered betweene the two Lady dayes, and infuſe it in a quart of Dammaske Roſe water foure and twentie houres, then take it out and drie it in an Ouen vpon a ſiues bottome, and beat it to powder, put vnto it one ounce of Lignum-aloes, beaten and ſearſed, two ounces of Orris, a dramme of muske, halfe a dram of Amber-greece a quarter of a dram of ciuet, put all theſe into a hot morter and peſtell, and beat them together, then ſearſe them

them through a courſe hairen ſearſe, and put it into a bagge, and lay it amongſt your clothes.

To make Aromaticum Lozenges.

TAke of fine ſuger, halfe a pound, boyle it with red Roſe water, vntill it come to the height of Lozenges, and in the cooling put in of the ſpices of Aromaticum roſarum foure drams, with a little Confectio Alchermes, and ſo make them into Lozenges, guilding them firſt, and then cut them ſquare with a knife for that purpoſe, and when you guild them, if your guilding will not ſticke on, wet them gently with a little Roſe water, but not too much in any caſe.

To make a Marchpane, to yce it, and garniſh it after the Art of Comfit making.

TAke two pound of ſmall Almonds blanched, and beaten into perfect

Past, with a pound of suger finely searsed, putting in now and then a spoonfull or two of Rose water, to keepe it from oyling, and when it is beaten to perfect Past, rowle it thin, and cut it round by a charger, then set an edge on it, as you doe on a tart, then drie it in an Ouen, or a backing pan, then yce it with Rose water and suger, made as thicke as batter for fritters, when it is iced garnish it with conceits, and sticke long comfits in it, and so guild it, and serue it.

To make all sorts of banqueting conceits of Marchpane stuffe, some like Pyes, Birds, Baskets, and such like, and some to print with moulds.

TAke a pound of Almond past, made for the Marchpane, and drye it on a Chasindish of coales, till you see it waxe white, then you may print some with moulds,

mouldds, and make some with hands, and so guild them, then stoue them and you may keepe them all the yere. They bee excellent good to please children.

To make all kinde of Birds and Beasts to stand on their legges in cast worke.

TAke Barbary suger, clarifie it, and boyle it to the height of Manus Christi, then poure it into your mouldes, they being seasoned as for your Quodiniacke: let them stand a quarter of an houre and they will be colde, and then you may take them out and guild them.

To cast all manner of frutage hollow in turnd worke, and p[ain]t them in their colours, as Oranges, Lymonds, and such like.

TAke your suger, being boyled to the height of Manus Christi, and put

put it into your Alabaſter mouldes, being made of three pieces, turne it round about in your hand while it is hot, and when it is colde, take it out and put them in their natural colors.

To make Prince bisket bread.

TAke a pound of very fine flower, as much ſuger throughly ſearſed, one ounce of anniſſeeds cleane pickt, take eight egges and a ſpoonefull of Muskadine, and beat all into batter as thicke as for fritters, beat it thus in a bowle one houre, then put it into your coffins of plate, or frames of wood, and ſet in an Ouen, and let it remaine there one houre, you may ſlice ſome of them when they bee a day old, and drie them againe vpon a hurdle of wicker, you may alſo take one of your loaues, and waſh it ouer with the yolke of an egge, beaten with a little Roſe water, and while it is greene, caſt biskets and carrawaies on

on it and a little white candy, and it will ſhew as if it did haile on it, then ſpot it with golde and giue to whom you pleaſe.

To make the vſuall bisket ſolde at Comfitmakers.

TAke a pecke of flower and foure ounces of corriander ſeede, one ounce of anniſeed, take three egges, three ſpoonefulls of ale yeaſt, and as much warme water as will make it as thicke as paſt for Manchets, make it in a long roule, and bake it in an Ouen one houre, and when it is a day olde pare it, and ſlice it, ſuger it with ſearſed ſuger, and put it againe into the Ouen, and when it is drie, take it out, and new ſuger it againe, and ſo box it and keepe it.

To make an especiall sweet Powder for sweet bagges.

TAke of the purest orris one pound, of red and dammaske rose leaues, of each two ounces, of Cloues three drammes, corriander seed one dram, Ciprus and Callamus, of each halfe an ounce, Benzoin and Storax, of each three drammes, beat them all saue the Benzoin and the Storax, and pouder them by themselues, & mixe it with the rest of the powder, then take of Muske and Ciuet, of each twenty graines, Amber-greece ten graines, mixe these with a little of the foretaid powder with a warme pestle, and so by little and little you may mixe it with all the rest, and so with Rose leaues dried you may put it vp into your sweete bagges, and so keepe them seauen yeares.

To

To make an excellent Marmelate which was ginen Queene Mary *for a New-yeares gift.*

TAke a pound and halfe of Suger, boyle it with a pint of faire water till it come to the height of Manus Christi, then take three or foure small Quinces, one good Orang pill, both very well preserued and finely beaten, & three ounces of Almonds blanched and beaten by themselues, Eringus roots preserued, two ounces and a halfe, stirre these with the suger till it will not sticke, and then at the last put in of Muske and Amber, dissolued in rose water, of each foure graines, of Cynamon, Ginger, Cloues and Mace, of each three drammes, of oyle of Cynnamon two droppes, this being done, put it into your Marmelate boxes, and so present it to whom you please.

To

To make another sort of Marmelate very comfortable and restoratiue for any Lord or Lady whatsoeuer.

TAke of the purest greene Ginger, sixe drammes, of Eringus and Saterion rootes, of each an ounce and a halfe, beate these very finely, and draw them with a siluer spoone thorow a haire searse, take of nut kirnells and almonds blaunched, of each an ounce, Cockes stones halfe an ounce, all steeped in hony twelue houres, and then boyled in milke, and beaten and mixed with the rest, then pouder the seedes of redde nettles, of rocket of each one dramme, Plantane seeds halfe a dramme, of the belly and backe of a fish called *Scincus marinus* three drammes, of Diasaterion foure ounces, of Cantarides adde a dram, beate these very finely, and with the other powder mixe it, and so with a pound

pound of fine ſuger diſſolued in roſe water, and boyled to ſuger againe, mingle the powder and all the reſt of the things, putting in of leafe golde ſixe leaues, of pearle prepared two drammes, oyle of Cynnamon ſixe drops, and being thus done and well dryed, put it vp in your Marmelate boxes, and guild it, and ſo vſe it at your pleaſure.

To make a blaunch for any Ladies face.

TAke of white Tarter two drams, Camphire one dramme, Coperas halfe a dramme, the whites of foure egges, iuyce of two Lymonds, oyle of tarter foure ounces, Plantane water as much, white Mercuri a pennyworth, bitter almonds two ounces, all muſt be powred and mixed with the oyle and water, and then boyled vpon a gentle fire, and ſtraine it and ſo keepe it: The partie muſt rub her face with a ſcarlet cloth, and then

then ouer night wash her with it, and in the morning wash it off with bran and white wine.

To make printed Quodiniacke of Quinces a rubye colour.

TAke two pound of Quinces, pared & cut in smal pieces, and put them into a posnet with three pints of faire water, and so let them boyle till they be tender, then put into them a pound of suger, and let it boyle till the fruit fall to the bottome of the pan, let the liquor runne through a strayner into a bason, and put it into a faire posnet, and let it boyle till it come to his colour and thicknesse, then print it with your moulds, you shall know when it is ready to print by rowling a little vpon the backe of a spoone, and if you see it will stand and not runne downe print it, in like sort you may make your Quodiniacke of Pippins, your Pippins will hold all the yeare.

To make Quodiniackes of Raſpiſes or Engliſh Coriants.

Take Raſpiſes ripe and well coloured and put them in a diſh, and put to them iiiij ſpoonfulls of roſe water, & mix them together with the backe of a ſpoone, then wring the lyquid ſubſtance through a linnen cloth, ſeaſon it by your mouth with ſuger till it be ſweete ynough, then boyle it on a chafindiſh of coales in a diſh till it be reddy to print: then print it in your moulds and box it, and ſo keepe them.

Here endeth the conceits of Banqueting.

Your mouldes muſt lie in water one night before you vſe them: and an houre before you print with them, take them out of the water.

CORDIAL VVaters.

Aqua Cœlestis.

TAke of Cynnamon six ounces, Cloues one dram, Nutmegs one dram and a halfe, of Ginger two drammes and halfe, of Galingale one dram and halfe, Cubebs two drammes, Callamus rootes one dram, all bruſed and kept in a paper, then take of Betony and ſage flowers of each a handfull, Maxioram, Pennery all, of each halfe a handfull bruſed likewiſe, then take of theſe pouders, of Aromaticum Roſa-

Rosarum three drammes, Diambræ Diamargariton frigidum, Diamoschum dulce, of each a dram and halfe, you must put all these into a gallon of spirit of wine, and steepe them three dayes and three nights shaking them well euery day, and then distill it in your Limbeck, and when it is destilled, you must hang halfe an ouce of yellow Sanders and twentie graines of Muske and amber in it.

To make Cynnamon water.

TAke one pound of the best Cynnamon you can get, bruse it well, and put it into a gallon of the best sacke, and infuse it three daies and three nights, and then distill it as your Aqua cœlestis.

To make Doctor Stevvens water.

Take of Rose leaues one dram, Borage, Bugloss, violets and rosmarie

rie flowers, of each a dram and halfe, Spiknard a dramme, Cinnamon two ounces, Ginger one ounce, Cloues & Nutmegs of each halfe an ounce, Cardamons a dram and halfe, Galingale two drams, Cubebs a dram, Pepper three drams, Aniseeds Carraway seeds and Fennill of each an ounce, Lignum Alloes halfe a dram, Corall and Pearle in fine pouder of each one dram, bruse these and put them in a pottle of Aqua vitæ and a quart of Sack, vsing it in euery respect as your Aqua cœlestis.

To make Baume water.

TAke Baume drie three ounces, time, Peneryall of each an ounce Cynnamon foure ounces, a dramme of Cardomons, Graines halfe an ounce, sweet Fennil seeds one ounce, Nutmegs & Ginger, of each a dram, Galingale one ounce, Caliamus and Cyprus, Cubebs and Pepper, of each two drammes, of Caper rootes halfe

halfa dram, of Diptamus one dram, bruiſe theſe things, and put them to a pottle of ſacke, & ſteepe them xxiiij. houres, and then vſe it as the former waters.

Angellica water.

TAke Cardus dry a handful, Angelica roots three ounces, of Mirh one dram, Nutmegs halfe an ounce, Cynamon, ginger, of each foure ounce, Saffron one dram & halfe, Cardamons, Cubebs, Galingale & Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spicknard, Iuncus odoratus of each a dram, Sage, Borage, Bugloſſe, Violets, and Roſemary flowers, of each halfe a handfull: bruiſe theſe and ſteepe them in a pottle of ſacke xij. hours, & diſtil it as the reſt.

Roſa Solis.

TAke Liquoriſh eight ounces, Aniſeed, Caraway, of each an ounce, Rayſons ſtoned, Dates, of each three ounces, Nutmegs, ginger, Cynamon,

Mace, of each halfe an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Suger foure ounces, bruſe theſe and diſtill it with a gallon of Aqua vitæ as the reſt: but when it is diſtilled, you muſt coulour it with the herbe Roſa Solis, or elſe Alkanet roote.

Wormwood water.

Take of Wormwoode two ounces and halfe, Sage, Betony, and Rue, of each halfe a handfull, Roſemary tops a handfull, Cinnamon 3. ounces, Nutmegs halfe an ounce, Cloues and Mace, of each halfe a dram, Ginger an ounce, Gallingall, Cubebs, and Spicknard, of each a dram and halfe, of Scordium halfe a handfull, bruſe theſe and put them into a pottle of Sacke and a pinte of Aqua vitæ, and ſteep them foure and twentie houres, and diſtill them as the the reſt.

Heere

Here beginneth *Conſarues.*

To make Marmelade of Quinces.

TAke your Quinces and boyle them tender, then pare them and cut them to the coare, then draw the pulpe, That is, the Quince through a haire ſearſe and weigh it, to euery pound of pulpe, take a pound of clarified ſuger, and boyle them together till they come to a perfect colour, putting to them in the boyling a little oyle of Cynamon, and when it is boyled ynough that it will not ſticke to the panne, put it into your Marmelade boxes. But your conſerue muſt not be boyled ſo high in

any case, for then it will not bee so good.

To make conserue of red and damaske Roses.

TAke of the purest and best coloured buddes you can get, and clip off the whites from them and to euery pound of leaues you must take three pound of Barbarie sugar, and beat them together till they be very fine, and then with a wodden spatter take it vp, and set it on the fire till it be through hot, and then presently put it vp, and it will be of an excellent colour.

To make Conserue of Violets.

TAke of your Violet flowers, and picke off all the blew flowers, and keepe them and weigh them, and take to euery ounce of flowers three ounces of refined suger, and beat them in a alabaster morter till they be very fine, and then take them vp and put them into an earthen Pipkin, and set them

them vpon the fire vntill ſuch time as they be thorough hotte, and then take them off, and put them vp and keep them.

To make pectorall rowles for the Cough.

TAke liquoriſh pouder finely ſearſed one ounce, of the ſpices of Diatragacanthum frigidum ij. drams, of Gum-arabecke and Tragarant in fine powder, of each a dram, white ſtarch halfe a dram, Aniſeeds in fine pouder one ounce mingle with the reſt, then take of ſuger ſixe ounces, of Pennits an ounce and halfe, Sugercandy one ounce powdred & mingled with the former powder, then take Gum-tragacant ſteeped in Roſe water and beat it into paſt, and ſo make it into long rowles and ſo drie them, and keepe them.

To make Conſerue of Borage flowers.

TAke of your Borage flowers well colored and picke the blacks from them,

them, then weigh them, to euery ounce of flowers you must take three ounces of ſuger, and beat them together in an Alabaſter morter with a wooden peſtle vntill they be verie fine, ſo that you cannot diſcerne any ſuger in lumps, then take them out and put the conſerue into a pipkin, and heat it through hot, and hauing thus done put them vp & keepe them all the yeare.

To make conſerue of Roſemary flowers.

TAke your Roſemary flowers, freſh and good and picke them from the greene tuske, weigh them, and take to euery ounce of flowers three ounces of Suger-candy, and beate them very fine, vſing them in euery reſpect as you did your other Conſerues.

To make Conſerue of Bugloſſe flowers.

TAke your bugloſſe flowers, and picke them as you did your borage flowers,

flowers, and then weigh them, and to euery ounce of flowers you muſt take two ounces of hard ſugar and an ounce of ſugar Candie, and beate them together till they be exceeding fine, and then ſet them one the fire to diſſolue the ſugar, and when it is diſſolued and the conſerue hot, put it vp and keepe it all the yeare.

To make a Pomaunder.

TAke of Beazou in one dram and halfe, of ſtorax, halfe a dram of Lignum aloes in fine powder halfe a ſcruple, of Labdamum halfe an ounce, powder all theſe very fine and ſearſe them through laune, and then take of muske a dram, Amber greeſe ten graines, Ciuet ten graines, and diſſolue them in a hot morter with a little roſe water and ſo make them into a pomander putting into it ſix graines of Ciuet.

To

To make Conſaure of Barberies.

TAke of your Barberies which are very red and ripe and pi ke them from the ſtalks and then wath them and put vnto them a preetie deale of faire water and ſet them on the fire in an earthen pan and ſo ſcald them, and being throughly ſcalded pulpe them thorough a fine ſearer, and to euery pound of pulpe take a pound of pouder ſuger and boyle them til it be ynough that is, till it wil cut like marmelade.

To make Conſaue of Cichorie flowers.

TAke of your Cichory flower new gathered; for if you let them ſtand but one hower or two at the moſt they will looſe their coulour and doe you very little ſeruice, therefore waſte them preſently, and to euery ounce of flowers you muſt take three ounces of dubble refined ſuger and beate them together in a morter of Alabaſter and a wooden peſtle vntil ſuch

such time as they be thoroughly beaten, for the better the flowers and suger be beaten, the better will your Conserue be, let this alwayes be for a generall rule, and being very well brayed, you must take them vp, and put it into a chafer cleane scoured, and set it on the fire vntil it be throughly hot, and then take it off, and put it vp. and keepe it all the yeare.

To keepe Cowcumbers in pickle all the yeare.

TAke foure gallons of Conduit water and put vnto it three quarts of bay salt, two handfuls of Sage, one handfull of sweete Marioram, and foure handfulls of Dill, let these boyle til it come to three gallons, and then take it off, and when it is almost cold, put in a hundreth of Cowcumbers into that liquor, into a butter barrel & keepe them al the yeare, but looke that alwaies the herbs lie vpon them.

To make Conſoure of Barberies.

TAke of your Barberies which are very red and ripe and pu ke them from the ſtalks and then wath them and put vnto them a prettie deale of faire water and ſet them on the fire in an earthen pan and ſo ſcald them, and being throughly ſcalded pulpe them thorough a fine ſearce, and to euery pound of pulpe take a pound of pouder ſuger and boyle them til it be ynough that is, till it wil cut like marmelade.

To make Conſarue of Cichorie flowers.

TAke of your Cichory flower new gathered; for if you let them lie but one hower or two at the moſt they will looſe their coulour and doe you very little ſeruice, therefore waie them preſently, and to euery ounce of flowers you muſt take three ounces of dubble refined ſuger and beate them together in a morter of Alabaſter and a wooden peſtle vntil ſuch

such time as they be thoroughly beaten, for the better the flowers and suger be beaten, the better will your Conserue be, let this alwayes be for a generall rule, and being very well brayed, you must take them vp, and put it into a chafer cleane scoured, and set it on the fire til it be throughly hot, and then take it off, and put it vp. and keepe it all the yeare.

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them, and thus done, it will be a most excellent sallet with oyle, vineger, and pepper.

An exceeding fine pill vsed for the goute.

TAke of Aloes two ounces, Mastick three drammes, Agricke halfe an ounce, Ginger halfe a dramme, let these be poudred very fine, then take of the extraction of Rhubarbe three drammes, and with white wine let them be incorporated into a masse of pills, adding vnto them a droppe of oyle of cloues, and as much of Nutmegges.

A Medicine for the Goute.

TAke of the slippes of starres to the number of foure, and then take to euery slippe foure snayles, and put them into an earthen pot, & sprinckle foure or fiue handfuls of salt vpon them,

them, and then put to them Sage, Rue, Wormewood, and Hyſſoppe, of each foure handfuls, and ſo diſtill them, and when you haue diſtilled them, put to them a quart of wine Vineger, wherein an ounce of white Mercury is diſſolued, and ſo bath the place infected with the goute, and it will eaſe them preſently.

To make Syrupe of Pomcitrons

TAke of Pomcitrons, and cut them in halfes and iuyce them, but beware you wring them not too hard, leaſt it be ſlimie, and then take to euery pint of iuyce three quarters of a pound of refined ſugar, and boyle it in an earthen pipkin, till it come to the height of a Syrupe, and take heed in any caſe that you boyle it not on too hot a fire, leaſt it burne, and then when it is boyled ynough, put it vp, and keepe it all the yeare.

To

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them, and then put to them Sage, Rue, Wormewood, and Hyssoppe, of each foure handfuls, and so distill them, and when you haue distilled them, put to them a quart of wine Vineger, wherein an ounce of white Mercury is dissolued, and so bath the place infected with the goute, and it will ease them presently.

To make Syrupe of Pomcitrons

TAke of Pomcitrons, and cut them in halfes and iuyce them, but beware you wring them not too hard, least it be slimie, and then take to euery pint of iuyce three quarters of a pound of refined suger, and boyle it in an earthen pipkin, till it come to the height of a Syrupe, and take heed in any case that you boyle it not on too hot a fire, least it burne, and then when it is boyled ynough, put it vp, and keepe it all the yeare.

To

To make Syrupe of Violets.

TAke your Violets, and pick the flowers, and weigh them, and then put them into a quart of water, and steepe them vpon hot embers, vntill such time as the flowers be turned white, and the water as blew as any violet, then take to that quart of infusion, and take foure pound of clarified Suger, & boyle it till it come to a syrupe, scumming them and boyling them vpon a gentle fire, least it turne his colour, and being boyled, put the Syrupe vp and keepe it.

To make Syrupe of Liquorish.

TAke your Liquorish eight ounces, and scrape it verie cleane, and bruise it verie well, and mayden haire one ounce, Anyseede, and Fennell seede of each halfe an ounce, steepe these in foure pints of raine water halfe a day, and then boyle it to a quart,

quart, then take a pound and a halfe of clarified ſuger, and boyle it with that liquor, till it come to a Syrupe, and then put it vp and keepe it.

To make Syrupe of Hore-hound.

TAke of Hor-hound two handfuls, of Coults foote a handful, of time, peneriall, and Calamint of each two drams, of Liquoriſh one ounce and a halfe, of figges and rayſons of the ſunne of each two ounces, Pionye kernels a quarter of an ounce, Aniſeeds, and Fennell ſeeds, of each a quarter of an ounce, boyle theſe in a gallon of faire water, till it come to a pottell or three pintes, and then ſtraine it, and take three pound of ſuger, and three egges, and clariſie that liquor, and ſo boyle it to a Syrupe, and ſo keepe it all the yeare.

To make Syrupe of Violets.

TAke your Violets, and pick the flowers, and weigh them, and then put them into a quart of water, and ſteepe them vpon hot embers, vntill ſuch time as the flowers be turned white, and the water as blew as any violet, then take to that quart of in fuſion, and take foure pound of clarified Suger, & boyle it till it come to a ſyrupe, ſcumming them and boyling them vpon a gentle fire, leaſt it turne his colour, and being boyled, put the Syrupe vp and keepe it.

To make Syrupe of Liquoriſh.

TAke your Liquoriſh eight ounces, and ſcrape it verie cleane, and brinſe it verie well, and mayden haire one ounce, Anyſeede, and Fenell ſeede of each halfe an ounce, ſteepe theſe in foure pintes of raine water halfe a day, and then boyle it to a quart,

quart, then take a pound and a halfe of clarified ſuger, and boyle it with that liquor, till it come to a Syrupe, and then put it vp and keepe it.

To make Syrupe of Hore-hound.

TAke of Hor-hound two handfuls, of Coultsfoote a handful, of time, peneriall, and Calamint of each two drams, of Liquorish one ounce and a halfe, of figges and raysons of the ſunne of each two ounces, Pionye kernels a quarter of an ounce, Aniſeeds, and Fennell ſeeds, of each a quarter of an ounce, boyle theſe in a gallon of faire water, till it come to a pottell or three pintes, and then ſtraine it, and take three pound of Suger, and three egges, and clariſie that liquor, and ſo boyle it to a Syrupe, and ſo keepe it all the yeare.

To make Syrupe of Mayden haire.

TAke of Maiden heare ſixe ounces, of Liquoriſh one ounce ſcraped and ſliced, ſteepe theſe foure and twentie houres in foure pintes of Conduit water, and then boyle them to quart, and then take two pound of clarified Suger, and boyle it with that liquor vpon a gentle fire, vpon Charcoales, vntill it come to a Syrupe, ſcumming it very often, that it may be the clearer, for the clearer it is the better it is, and being boyled ynough, put it vp.

To make Syrupe of Hyſſop.

TAke of Hyſſop one handfull, of Figges, Rayſins, Dates of each an ounce, of Calamint halfe a handfull, of French barley one ounce, boyle theſe in three pintes of water to a quart, and then ſtraine it, and then clariſie

clarifie it with the whites of two egs, and two pound of Suger, and ſo boyle them to a Syrupe, and being boyled ynough, keepe them all the yeare.

To keepe Cherries all the yeare to haue them at Chriſtmaſſe.

TAke of your faireſt Cherries you can get, but be ſure that they bee not bruiſed, and take them and rub them with a linnen clothe, and put them into a Barrell of hay, and lay them in rancks, firſt laying hay in the bottome, and then Cherries, and then hay againe, and then ſtoppe them vp cloſe, that no ayre may come neere them, and lay them vnder a fether-bed, where one lyeth continually, for the warmer they are, the better, yet neere no fire, and thus doing, you may haue Cherries at any time of the yere.

To make a Syrupe of Mulberries.

TAke your Mulberries which are very ripe, presse out the iuyce from them, thorough a linnen cloth betweene two sticks, and then to euery pint of iuyce, take a pound of suger and boyle it to the height of a Syrup, and then keepe it all the yeare long, and if it waxe any thing thinner a moneth after you put it vp, boyle it againe, and then put it vp.

To make Syrupe of Lymonds.

TAke your Lymonds, and cut them in halfes, and betwixt your fingers iuyce them, and the liquor that runnes from them wil be very cleare, then take to a pint of iuyce, a pound and a quarter of hard suger, which is very white and boyle it to a Syrupe, and it will keepe excellent well.

To

To make Syrupe of Roſes ſolitine.

TAke of Dammaske Roſes, and pull them, then take a gallon of water, and when the water is hot, put a good many Damaske Roſe leaues, and take them out when they looke white, and doe ſo ten times, and then the water will looke red, and then to euery pinte of that liquor, put a white of an egge and a pound of ſuger, and clarifie it, and boyle it to a Syrupe, and keepe it all the yeare, the thicker the Syrupe is the better it will keepe.

To make Syrupe of drie Roſes.

TAke of red Roſes dried foure ounces, & infuſe them in a quart of faire water vpon hot embers, till the roſes haue loſt their colour, then take a pound and a halfe of Suger, and clarifie your Liquor and Suger

with two egges, and then boyle it to the height of a Syrupe: but take heed in any case that you set not your Syrupe vpon too hot a fire, for then it will loose his colour, and bee worth naught.

A Medicine to giue a *woman in trauel, to make her haue throwes.*

TAke Coral, amber, date ſtones, Pearle, Piony ſeedes, Saffron, Commine, beate all theſe in powder, and put it into Malmeſey, and take Vnicornes horne, and put it into a ſpoone with a little Malmeſey, and giue it to her, and preſently let her drinke a draught of the Malmeſey with the powders aforeſaid, warming of it a little.

A Medicine for the falling downe of the matrisse to the bearing place.

TAke Chicke-weede, and seeth it in an earthen pot, then lay of it vpon a peece of scarlet, as hot as the partie may suffer it, let her take it to the priuie place, and as one plaster cooleth, so lay another, and vse it.

Another for to be taken to the Nauell, and to the backe right against the Nauell for the same.

TAke a redde Onyon, and roast it very tender, then take of Allysander seedes, and bruise them in a wooden dish, and mingle the Onyon and the bruised seedes together, and lay it vpon a peece of linnen cloth, so lay it to the Nauell a little warme, rowle that on, and let it lie on xxiiij. houres,

houres, then change it, and take a new one till it be whole.

It is good for the Midwife to hold muske belowe, tyed in a little Lawne to draw downe the Child.

Take Torch-wort, and lay a leafe of it to the Crowne of a womans head warme, to ſtay other flowers.

A Medicine for a woman after burden, if neede be to bring it downe.

TAke Sowtherwood, and waſh it cleane, and ſtampe it, and ſtraine it in ſtrong Ale, and giue it her to drinke warme.

To ſtop the Whites in women.

FRy Hemlock in freſh ſwines greaſe, lay it as hotte as ſhee may ſuffe it to the ſecret place.

For

For a Teter.

TAke Oates and seeth them in water, and where the Teter is, hold ouer the reeke thereof as hot as may be, laying a cloth ouer it to keepe in the reeke, so that the cloth doe not touch the Teter, vse this fiue times morning and euening.

To make a Seare-cloth for an Ache that is newly come.

TAke Boares grease, Camphire, and waxe, and boyle them altogether, and so make a Seare-cloth thereof, and lay it to the griefe.

For a Felon or an Andcome.

TAke Hearbe-grace, rustie Bacon, sower leauen, and Snayles that be with shels on their backes, taking them out of their shels, and beate all these together, & lay it to the greefe.

For

For to heale any, if they be ſcalded with hot liquor.

TAke Alehoſe and Auens, Sheepe ſuet, and Sheeps dunge, and Gooſe dung, and when you haue waſhed the hearbes, breake them altogether a little, and ſo frie them together, and then ſtraine it, & make plaſters thereof, and lay it to the griefe, warme it a little when you lay it too, laying new plaſters to it twiſe a day, you may take the iuyce of Houſeleeke, and Sallet oyle, and water, and beat them together, and waſh the greaſe before you vſe this plaſter.

A Medicine for the Whites.

TAke a quart of new milke of a red Cow, x. ſpoonfuls of red Roſe water, a Pomgarnet pill beaten, and a little Cynamon beaten, and ſeeth it halfe away, & ſweeten it with ſuger, and drinke a draught morning and euening, & two Whites of egs beaten.

A

A Medicine for them that are giuen to bleeding.

MAke a posset, & take of the curd, and take Liuer-wort, and beate it, and put the iuyce thereof into the Posset drinke, and drinke it morning and euening warme.

For the heate in the Kidneys.

TAke Houseleeke and Plantine, and not wash them, but wipe them with a cloth, and beate them and straine them, and put to the iuyce thereof red Rose water, and wine Vineger and womans milke, and take the hearbs and put them into clothes, and tye the clothes with thread like a couple of balles, and you must (when you doe vse it) haue one to doe it for you in the morning when you are in your bed, and the partie must take the balles, and dippe them in this liquor, and

and ſo bath your Kidneys, and as ſoone as one of the balles is hot with doing of them, take the other, and ſo vſe it an houre euerie morning.

A Medicine for the Stone.

TAke Pelitorie of the wall, Smaladge, Holihockes, Mallowes, Tanſie, & Saxifrage, of each a handfull, chop them ſmall, and quilt them in a little linnen bag, then take three pints of creame, halfe a pint of Malmſey, a quarter of a pint of running water, and ſet them on the fire, and when it doth ſeeth, then put in the bag of hearbes into the potte, and when the bagge is thoroughly hotte, wring it betweene two trenchers ouer the pot to ſaue the liquor, then lay the bag to the greeſe, as hotte as you may ſuffer it, and as ſoone as it cooleth, make it hot againe in the ſame liquor, and ſo apply it to the greeſe.

For the Woormes.

TAke a handfull of Basill mintes, a handfull of Lauender Cotten, as much of Wormewood, Peach leaues as much, Fertherfue a handfull, of vnset Leeks a handfull, and boyle them together in three spoonfuls of of wine Vineger, and of his owne water as much, and quilt them in a bagge, and so lay it warme betweene his Nauell and his stomacke,

To heale a sore Breast that comes with the infection of the milke.

TAke Mallowes and Saffron, and seeth them in milke, and when it hath sodden a good while put in some crummes of leauen bread, and boyle them well together, and a little before you take it vp, put some Salet oyle into it, you must let it boyle till it comes to a Poultis, and so lay it warme

warme to your breaſt, and if you perceiue this that will not helpe your breaſt without it be broke, you muſt roſt a Lillie roote, and lay it to your breaſt, where you will haue it breake, and when it is broken, you muſt tent it with leauen and milk ſodden thick together, and make a plaſter thereof, and lay it to the place where it is broken, you muſt dreſſe it twiſe a day, laying the Poultis all about your breſt, ſauing the place that the plaſter lyes on, you muſt dreſſe it both with new Poultis, and a new plaſter twiſe euerie day, vntil it beginneth to heale, and then once a day is ſufficient.

To ſtench bleeding at the Noſe.

TAke Bolerminake, and the white of an egge, and Vineger, and beate them together, and make Plaſters thereof, and lay them to your Temples.

To

To stench bleeding of a wound.

TAke of vnset Hyssope, and bruise it a little, and take the powder of the bone that is to be found in a Capers head, and strew the same powder on the Hyssope, and lay it to the wounde.

Another for to stanch the bleeding of a wound.

TAke Hogges dunge hot from the Hogge, with Suger, and lay it to the wound.

For the weakenesse in the backe.

TAke Clarie and Dates, & the pith of an Oxe, and chop them together, & then put them to your creame and egges, and grated bread, and frie them together, and straw Suger on it, and eate it in the Morning fasting,

sting, and you must put some white Saunders in it also when you temper it together.

For the Wormes

TAke Mares milke, and drinke it as hot as you can haue it from the Mare, in the morning fasting.

To know whether a Child hath the Wormes, or no.

TAke a peece of white Leather, and pecke it full of holes with your knife, and rub it with Worme-word, and spread hony on it, and starwe the powder of Alesackatrina, and lay it on the Childs Nauell, when he goeth to bed, and if hee haue the wormes, the plaster will sticke fast, and if he haue them not, it will fall off.

For one that is bruised with a fall.

TAke stone Pitch, and beat it, and drinke it with whit wine, or Sack, or Malmesey, and if you haue none, then take some other liquor, then melt Parmacitie, & anoynt the place where the bruise is.

For the winde Collicke.

TAke Parsley seed, & bruise them, and seeth them in Sack, and drink it warne when you haue your paine.

For the Gout that is newly come.

TAke Rhubarbe, and grate it, and mingle it with Conserue of redde Roses, and eate thereof euery morning fasting a prettie quantitie.

A Water to wash a sore.

TAke of Plantane, and Woodbind leaues, and white Roses, and still them together, and when the water is stilled, put a quantity of Camphire into it, and so let it lye in the water continually.

For the shrinking of the Synewes.

TAke the marrow of a Horse bone, and the crops of Elders, and as much of Sage, and chop them together, and boyle them in the marrow, and then straine out the hearbes, and put to the liquor one spoonefull of hony, two spoonfuls of Aqua composita, and a quantity of Pepper, & boile it againe, and keepe it for your vse.

For the Pyles.

TAke a quantitie of Ragwort, and a quantitie of ground Iuie, and

the marrow of the hinder Legge of a Bullocke, and beate the marrow and the herbes together, and boyle them on a soft fire, and straine them, and keepe it for your vse.

A Salue to take dead flesh out of a sore.

TAke a spoonefull of Vineger, and a spoonefull of hony, and a quantitie of Verdigrease, and as much Allom, and boyle all these together, and keepe it for your vse.

For the staying of the Fluxe.

TAke a new layd egge, and take off a little of the toppe of it, and poure out a little of the white, and fill vp the egge with Aqua composita, and stirre it together, and rost it and sup vp the egge in the morning fasting, till you be well vse this.

Ano-

Another for the ſame.

MAke Riſe pottage with Almond milke, you muſt not blaunch the Almonds, and make little Balles of Virgines wax, make them leſſe than Peaſe, and when you doe eate of the pottage, take three or foure of the Balles, and put them in euery ſpoonfull as you doe eate it.

For the Gowte.

TAke an earthen pot, and put into it a quart of Aquacompoſita, and take two handfulls of Hen-bane, and breake it, and put it into it, and ſet the pot in the earth all the month of May, and it will come to an oyle, and at the end of May, you muſt take it vp, and keepe it for your vſe, you muſt couer the pot verie cloſe when you ſet it in the ground; and when you annoint the greeſe therewith, you muſt doe it againſt the fire.

For the Pyles.

TAke Martylmaſſe Beefe, and drie it, and beat it to powder, and then put it into a Chafindiſh of coales, and ſet it in a Chaire and ſit ouer it.

For an Ague.

IF it be for a childe, take two ſpoonfulls of good ale, and ſeeth it, and ſcum it, and one ſpoonfull of the Syrupe of roſes, and let him drinke it luke warme: If for an old body, then take three ſpoonfulls of good ale, and two ſpoonfulls of the Syrupe of roſes.

To make a freſh Cheeſe.

TAke a quantitie of new milke, and ſet it on the fire, and let it boyle, and take halfe a dozen yolkes of egs, and beat them and ſtirre them in the milke on the fire, then take it off the fire, and keepe it ſtirred, vntill it be

be luke warme, and then put runnet into it, and ſtirre it, and let it ſtand vntill it be gathered together & take vp the curd, and put into it Cinamon and Ginger, and ſtir it about, & make diſhes of it, as you thinke good.

A Medicine for a Peſtilent Ague, or to driue any thing from the heart.

MAke a poſſet with white wine, and take away the curd, & take horſe dung of a ſtone Horſe, as hotte as you can get it from the horſe, and ſtraine it with the Poſſet drinke, and put a little Methridate, and Cardus Benedictus water, and Vnicornes horne, and if you haue no Vnicornes horne, then put Iuorie, or Sea-horſe tooth, and giue it to the ſicke to drink faſting in the Morning, warming it, and you muſt put the Vnicornes horne into the ſpoone, and take it with ſome of the Poſſet Drinke,

and so drinke the Posset presently after it, and vse this two or three mornings.

A Medicine for the soreneſſe in the throat that commeth with the Rhume.

TAke halfe a pint of Hony-suckle water, and two Iewes eares, of Plantane, & Sinckefield halfe a handful, and a few columbine leaues, these must bee sodde with as much white Suger-candy, as will bring the liquor to a Syrupe, you must put in a little Howell, Cynnamon, and so take it in the morning, and in the euening, and at such times as your throat is drye.

Another for the falling of the Eualow, or other paine in the throat.

TAke a handfull of redde Sage, a spoonefull of Dill seede, a piece of leauen,

leauen, boyle these in a little newe milke, vntill it be thicke, then lay it on foure fine clothes, & lay one cloth to the nape of the neck, and another to the throat, and to each temple one, and bind the clothes, and doe this as often as neede shall require, for it hath bene proued.

A salue for a greene wound.

TAke a pound of Rosin, halfe a pound of wax, foure ounces of old Swines grease, one ounce of Verdigrease, boyle them altogether vpon a soft fire, and straine them.

A Water to heale all sores in legges and Vlcers.

TAke a pound of roch-allom, foure ounces of greene Coperas, beate them somewhat small, and put them in a pan on the fire, euer stirring them vntill they bee molten and dryed againe

gaine readie to be powdred, and beat them againe in fine powder, and keep them to your vse. When you will make your water, set a pottell of faire Conduit water ouer the fire, vntill it boyleth fast, then take it away, and assoone as it leaueth boyling, cast abroad your powder vpon the water, the which will make it to boyle, as long as your water riseth, so long cast your water in, and when it leueth rising and is black in the bottome, then it is perfect, then if you see a dangerous sore Legge, first cast you powder presently thereon, and lay thereto three or foure fold of linnen cloth wet in the water, and rowle it vp, doe so till the vlcer be cleane.

A very good water for a sore mouth.

TAke of Conduit water a pint, one handfull of Hyssope, of whit wine, and of Almonds a pound, of Roses three ounces, seeth them altogether till

till the hearbs be tender, then take it from the fire and ſtraine it, and keepe it, and keepe it for your vſe, you muſt alwaies waſh your meat, and rubbe it after meate, and in the morning.

A Caſtile to breake any ſwelling that is readie to breake.

TAke of Commine, of Hyſſope, and of quick lime a like quantitie, bray them together in a morter, till it bee verie fine, when you would open an impoſtume, lay it as bigge as an hayſell Nutte vpon the next place, and binde it very hard, and let it remaine there foure houres, then take it off, for it will make the place dead, and then you may let out the matter without griefe to the patient.

A Catitus Plaſter.

TAke of Litrage of gould powdred verie fine, cómon oyle, hogs greaſe a pound

a pound, white Coperas foure ounces, put them all together in a brasen panne, and seeth it ouer a verie soft fire of coales, and trie it continually vntill it come to a bodye, and in the boyling you must cast into it one ounce of good Rose water or two, and now and then a spoonefull, and whē it is come to a good body take it off the fire, and stirre it till it be cold and readie to be made vp in a rowle, and then make it vp.

To make Populier.

TAke of Populer buddes a pecke, of Hogges grease foure pound, seeth them both together a quarter of an houre, & then take it off, & straine it, if it be two thin, put in a little waxe.

Basilicon.

TAke Pitch, Rosin, Waxe, sheepe suet, common oyle, a like quantitie,

tine, beat these small, and put them in a brasen panne, and melt them all together, then take them of the fire, and straine them through a course linnen cloth, for the pitch will not be molten, this is good for all manner of sores, and when you will put in a tent, mix it with the yolke of an egge.

Maturacum poultnis.

TAke Onyons, garlicke, dowe, Lillie roots a like quantitie, rost them all in a wet cloth vnder ashes, and then put them in a morter, and beat them small, this is good for all impostumes to breake them out.

A Medicine to heale old sores.

TAke Plantine, bramble tops, Orpin, Betonie, Egremonie of each one handfull, straine them, and put thereto Rosin, and waxe of each a quarter of a pound, fresh Hogs grease, and sheepe suet, of each foure ounces, boyle

boyle them all together, till the iuyce be confirmed, then straine it, & keepe it to raise flesh, and heale old sores.

A Plaster to heale old sores, after they be made cleane, and filled with flesh.

TAke Sallet oyle halfe a pint, Lead a quarter of a pound, boyle these vntill they be blacke, and keepe them for your vse.

To cleanse a sore, and take away the dead flesh.

TAke Woodbinde flowers, white Roses, Plantine, and still them together, and when it is stilled, then six penniworth of Camphire, and put it into a quart of the water, and set it in the Sunne for ten or twelue dayes, and so wash the sore withall.

A

A Medicine for a sore throate.

TAke a pint of milke, halfe a handfull of Collumbine leaues, halfe a handfull of Gaſell, and halfe a ſcore leaues of Sinkefield, two Iewes eares, and ſo the partie muſt vſe it euening and morning, and gargaſe it in his throate,

A Medicine that wil heale any wound or ſore, and keepeth it without proud fleſh or dead fleſh.

TAke halfe a pound of wax, a quarter of a pound of Sheepe ſuet, a quarter of a pound Roſin, and a quarter of a pound of Turpentine, halfe a pint of Sallet oyle, two handfull of Bugle which groweth in the wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunſell, and a handfull of balme, ſtampe and ſtraine the herbes,

hearbes, and put the iuyce into the foresaid things, being a while boyled, then seeth them together a quarter of an houre, then take it from the fire, and let it stand till it be cold, then take away the Smallage from the bottome, then take some of your Balme water, and put into it so much as wil make it greene, and let it boyle together a halfe quarter of an houre, and so take it to your vse.

A Glister.

TAke Camamile, Betonie, Dil, Pellitorie of the wall, Hyssope, Rue, of each a handfull, boyle these in the broth of a sheeps head, til the broth be very slippery, then take a pinte of the broth strayned, and put two of the Pilles of Diabes, for each a crowne waight and a halfe, Diacatholice, Diaphenicon, of each halfe an ounce, oyle of Camomile, oyle of Dill, of each an ounce, a little salt, and a Glister:

ster: if you will haue it breake wind, put into the aforesaid Commin seed, Fenell seed, Annisseedes, of each bruised two good handfuls, and boyle all together, and straine it, and make it as aforesayd, and put in the Glister.

To take away the heate of a burne or out of a Scalde.

TAke egges and rost them hard as a stone, then take out the yolks of them, then take a frying panne and put in the yolks of the hard egges, and so let it frye til it cone to an oyle, then straine it and anoynt the burne withall then take a bladder and anoynt it with sallet oyle, and lay it to the burne.

To make another Glister.

TAke running water and ij. handful of Carmon, a handfull of Mallowes, a handfull of Wormewood, a

handfull of Marcury, an ounce, of Commine, two ounces, of Fennell seedes two ounces, of Aniseeds, and beat all your seedes, and set your hearbs a boyling and straine them.

A Medicine for one that is broken.

TAke a quantitie of Comfrie, a qnantitie of Knehome, a quantity of knotted grasse, a quantity of Riberuorum, and a quantitie of Polipodie, and stampe them altogeiher, aud straine them in ale, and then giue the Patient the same to drinke colde, and trusse him vp with some bolster, and let his dyet be but competent, eschewing all slipperie meats, as butter, and such like, prouided alwayes, that the Patient keepe his bed sixe or seauen dayes, lying vpon his backe, and sometimes hold his belly with his hand.

To make a Poultis for ſwelling

TAke the crome of manchet, and ſeeth it in milke till it bee thicke, then put in a piece of new butter, about the quantitie of a wale nut or ſomewhat more.

For the Rhewme.

TAke a little quantitie of Maſticke, and as much of Pellitorie of ſpaine cut in ſmall peeces, ſew them in a litle bag of linnen cloth, keepe the bag in your mouth till the Pellitory and the Maſtick be conſumed, and ſpit in the meane time as much as you can.

For the toothache and the rhume.

TAke a quantitie of Gum of Iuie, put it in a little bag of linnen, then wet your bag in Aqua vitæ or vineger, & keepe it in your mouth till the Gum of Iuy be conſumed, holde the

bag ouer or vpon the hollow tooth.

A water for the eyes.

TAke a pint of white wine, then heat a stone called Lapis Calaminaris redde hot nine or tenne times in the fire, and quench it eurey time in the wine, the last time you quench your stone stirre it about in the wine, then keepe your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and euening.

For the eyes.

TAke Rosemary, Housleek, redde Fennill, and rost an egge, and take out the yolke, beat these herbs together and straine them.

For paine in the head.

TAke of the best sallet oyle you can get, & the flowers of wilde primroses

roſes and put them into the oyle, and then ſet it on the fire, and let it boyle halfe an houre very ſoftly, then put it in a glaſſe and ſet it in the ſunne three weekes, and then rub your temples euening and morning. E. C.

A Gargas for to purge the head.

TAke a pint and a halfe pint of wine vineger, Muſterd ſeedes, Ginger, Cloues, Nutmegs, Pellitory rootes, about the quantitie of one ounce, when they are beaten, put it into the liquor, and ſtir them together for the ſpace of a weeke, then gargas it euery morning before you vſe the oyle to your head.

For a pinne and web.

TAke the oyle compacted of the bone of the Gooſes wing, & rub it in the palme of your hand that no ſhiuers of the bone do ſticke in it and

put it in with the poynt of a pinne, for the bigneſſe of a pinnes head is ynough at once.

For a ſwelling.

TAke Barrows greaſe, & Sutherenwood, and Aqua vitæ, and boyle it together, and when you haue boyled it, ſtraine it in a panne.

For a bone ach.

TAke two or three handfuls of Camamill, a quarter of a pound of Sheepes ſuet chopt ſmall, and a piece of ſtonie pitch of the quantitie of a Wall nut, and a piece of leauened bread in it crumbled very ſmal, boile it in your owne water, vntil it be very thicke that you may ſpred it vpon a cloth like a plaſter, and lay it on the place where the ach is for xxiiij. howers, and ſo dreſſe it three times, if you doe, it will take away the ach.

A medicine to heale an old sore or a new.

TAke a quarter of a pound of Rosen, and melt it in a pan till it haue left cracking, and then take halfe as much waxe and a little Turpentine and sheepes suet choped small, and a spoonefull of oyle oliue, and boyle them al together, and when you haue done so, straine them in a paile of water, and make it vp euen as you will occupie it, and drawe your plasters thin, and dresse it three times a day, that is to say, at morning, noone, and euening, till it bee almost whole, then dresse it but twice a day, morning and euening, but if there be any coare that doth hinder the healing of it, take a little Mercurie, and put it in two spoonefulls of water, and when the Mercurie is melted in the water and congealed together, take a fether & drop in two or three drops, and lay a plaster vpon the wound, and it will bring forth the core.

For an Andcom.

TAke halfe a dozen knottes of a yong Oke, and put them in a fire-pan, and burne them to a red cole, and take Bores greafe, and fine fuet, and two or three cornes of falt and ſtamp them very fine, and ſo make a plaſter of it, and if it doe draw and heale too faſt, lay lint vnderneth the ſalue, and you muſt dreſſe it twice in the Winter dayes, and thrice in the Summer dayes.

The Copie of Doctor Stephens water.

TAke a gallon of the beſt Gaſcoine wine, then take Ginger, Gallingall, Cynnamon, Nutmegs, Graines, Cloues, Aniſeeds, Fennell ſeeds, Caraway ſeeds, of euery of them a dram weight, then take wilde Time, Hiſope, Lauender, Sage, mynts, red Roſes, garden Time, Pellitorie of the wale

wale, and Roſmarie, of euery of them one good handful, & bray the hearbs very ſmall, and ſtamppe the ſpices all together very ſmall, put all together into the wine, and cloſe it faſt twelue houres and ſtirre it diuers times, then ſtill it in a Limbecke, and keepe the firſt water for it is the beſt, and then keepe the ſecond for it is good, but not ſo good as the firſt. E. C.

A dram weight of the ſeede of Colembyn, bruſed with halfe a peny weight of Safron drunken with wine, is good for the Ianders, then goe to bed and prouoke ſweat, the flowers diſtilled is good for the ſame purpoſe, and againſt ſwondings.

Pymypinell.

THis herbe is good againſt the peſtilence, to bee taken faſting in a morning, and good againſt the ſtone, the rootes ſodden condited in ſuger, may

may profit them that haue cold ſtomacks, and are troubled with two much fleame, the Collicke and ſtone, this roote any way taken is good againſt poyſon.

Mouſeare is hot and drie, ſome vſe to giue the iuyce of this common Mouſeare to hinder the colde of a quartan Ague, ſome vſe to gather the roots in May, and drie it and giue it to them that bee broken, it is good for the bloody flix, the great ſcouring of the Mother, for wormes both outward and inward, common flixes, for vomitting of choller, and ſpitting of blood and bruſting, and ſpecially, for breaking of the braine panne.

The Iuyce of Coſte-mary drunken, killeth both ſmall and great wormes in the belly, it is good for a colde Mother, it ſtrengthneth the ſtomacke whether it be drunken or laid to, and ſtayeth vomiting, the herbe of his nature,

nature, whether it be ſtrawed, or elſe perfume be made thereof, driueth away Serpents, and it is good againſt their poyſons, and it helpeth and ſtrengthneth the head.

To take out the heat of a burne.

TAke the fatte of hogges guts, and Sheepes tirdles and boyle them, and put them in a pot, and this will heale the partie, and take out the fire, and will keepe good a hole yeare, this hath beene prooued.

To take the heat out of the face.

TAke running water and elder flowers, Plantane, white Dayſie rootes, and herbe Robert, put them in the running water, and waſh your face morning and euening therewith.

A Medicine for a canker in ones mouth, prooued.

TAke running water, a handfull of woodbinde leaues, a handfull of Bramble leaues, a handfull of Columbind leaues, a little Rotemary, and boyle them together vntill halfe the water be wasted, then put two or three spoonfuls of hony, and a piece of roch Allom, three or foure spoonfuls of wine vineger, and wash your mouth with the sodden hearbs thereof three or foure times euery day.

The Diet drinke.

FIrst buy a diet pot of the common sorte, such a one as will cost eight pence or tenne pence, then put into it halfe a pound of Liquorish scraped and bruised, halfe a pound of Aniseedes bruised, three quarters of a pound of Lignum vitæ bought at the

the Turners, and one ounce of the barke of the same wood, which is to be bought at the Apothecaries, halfe a pound of Raysons of the Sunne, the stones taken out, a good handfull of Scabias, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine, then fill vp your potte with faire water, saving a pint, then couer your potte with his couer, and close it round about the brimme with past, then set it on a soft fire of coales, and let it boyle three houres till the fourth part bee wasted; then strayne it, and let it settle, and then put the cleerest into bottles, and drinke it Morning and Euening a good draught, and so vse fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fry out of it like oyle, then you shall be sure it is good.

For

For the head ach.

TAke two handfuls of Veruine, Betonie, Camamill rootes, Letcie, Checmete, of each sort two handfuls, dride Roses, put them to powder of Nutmegs, boyle this in white wine, take out the hearbs then and frie them in oyle oliue, and straine them in a cloth, and make an oyntment therof, and therwith anoint the head.

To make the rhume medicine.

TAke fiue quarts of Hyssop water, it must bee stilled when the Hyssop beareth flowers, and one pound of English Liquorish cleane scraped, and cut in litle pieces, bruise them & then put it to the water, and boyle them till halfe bee consumed away, then straine it in shallow pans, & set it in the sun & stir it now and then, and somtimes set it ouer the fire, vntil you see

see it wax blacke, but do not boyle it, and it will wax stife with standing in the Sunne, that you may make it in little cakes.

A salue for a cut.

TAke sixe ounces of Deere suet, foure ounces of Wax, foure ounces of Rosin, and stampe and straine Velerian, and take the iuyce as much as you think wil make the saule looke greene, and boyle them together till it come to a salue.

A medicine for the stopping of the liuer, very good for them that haue the Landers.

TAke Parsley rootes, Fenell roots, Asperigon roots, Kneeham roots, Succory rootes, of each the weight of halfe a crowne in siluer, of Docke roots, the weight of xij. pence, a little Liquorish, halfe a handful of Raysons of the sun stoned, boyle this in three pintes

pintes of water vnto a quart, and make Almond-milke with the liquor, and take two partes of sweete Almonds, and one parte of bitter, sweeten it with Suger, or els with syrupe of Sucory, and drink a draught three morninges togethere, fasting three houres after it, vse this euery moneth: you may put in Barly husked, Saxifrage, Maiden-haire, & Liuerwoort.

For the Wormes

THe powder of Coralina to the weight of three pence in siluer, giuen in the water of Couchgrasse.

A Medicine for a quartan or a tertian Ague.

TAke the herbes and rootes called Harts-horne, Plantan, and Orpine, and beat them with a little white wine and a little bay salt, and so lay it on a cloth vpon your wrist, but

but bee ſure it lie on the pluces on both armes changing it euery twentie foure houres, but be ſure that you lay it two houres before the fit cõmeth, and hang nine rootes of the Harts-horne about your necke in a ſilke bag, ſo that it may lie vpon the hollow of your ſtomacke, and let it hang till your Ague be gone, you muſt not waſh neither herbes nor rootes, and you may take the roots whē you cannot get the herbs, and vſe them ſo.

For the Canker in the mouth or rawneſſe, or in the lower parte of the woe.

TAke red Fennell, red Sage, Hyſop, Hearbe-grace, Roſmary, Honyſuckell leaues, Fetherfewe, and Dayſie leaues, of euery one a like quantitie, in all two handfulls, boyle theſe in a quarte of running water to a pinte and ſtraine it and let it ſtand vntill it be cleere, and put therein a ſpoonfull of Engliſh hony, & as much roch allom beaten as the bigneſſe of a beane,

and boyle it together, you must take off the skumme as it doth arise when it is boyled, put it into a glasse and keepe it for your vse, you must warme it when you take it.

A good medicine for an Andicome, or a Boch, or a sore breast or Carbunckell, to ripe or breake them.

TAke a quantitie of Herb-grace, a quantitie of leuened bread well crummed, halfe a spoontull of sallet oyle or Capons greace, and boyle these in good ale grounds, and keepe it with stirring vntill it be thicke, and when you doe vse it, laye it vpon a cloth warme to the griefe: this Medicine will resolue a breast without breaking of it, without it need breaking, you must change it euery day once.

A

A good ſalue to heale it when it is broken.

TAke a quantie of Barroes greace, a quantity of Roſin, of each a like quantitie, you moſt ſcrape the waxe and beat the Roſin, and boyle them together till they be melted, then take Lapis calaminaris and Roch alom as much as a beane of each, and beat them together, then take a ſpoonfull of engliſh hony and put them together and boyle them againe, and when it is well boyled, poure it into cold water, and make it vp in rowles, and keepe it for your vſe.

A medicine for a bruſe.

TAke a quantitie of ſtone pitch and as much gray ſope, and beat the pitch finely to powder, and boyle them together with ſtirring vntil it be boyled, then take it off the fire and

let it coole, and then spred it vpon a cloth and lay it to the griefe, it must not be through colde, for then it will not spred, and if one doe not heale it, then lay on another cloth spred with the same.

An Oyntment for an Ague sore, or other sores, and for swellings.

TAke a Bryome roote, and cut off the outside thin, some doe call it wilde Vine, slice it and lay it all night in a pinte of sallet oyle, and then boile it and and straine it keepe it for your vse, for this is good to annoynt any Ague sore, or any other swelling.

Then take halfe a pint of Sallet oyle, and as much red leade as you can buy for two pence and boyle them together, and keepe it stirring vntill it looke blacke, and then take as many clothes as you thinke will drinke vp the oyle and the leade, and then coole it and keepe it for your vse

This oyle and lead is good for Ague sores and other sores Remember to annoynt the sores with the oyntment aforelayd first, and then lay on the seare-cloth, doing this twice a day vntill the sore be hole. And for swelling, you must vse the Bryome rootes and the oyle onely, without the oyle and the leade.

An approoued good medicine for the Tooth ache.

TAke Rose water either red or Damaske, take yellow wax a quantitie, and fresh butter of either an equall quantitie, and mingle them together in a dish vpon the coles, and then take a linnen cloth and dip it therein, and lay it vnto that side of your iawe where you are greeued, as hot as you can suffer it, the hotter the better.

A medicine for the bloodie flixe.

TAke two tosts of cheat bread and toste them & two egs and roste them

let it coole, and then ſpred it vpon a cloth and lay it to the griefe, it muſt not be through colde, for then it will not ſpred, and if one doe not heale it, then lay on another cloth ſpred with the ſame.

An Oyntment for an Ague ſore, or other ſores, and for ſwellings.

TAke a Bryome roote, and cut off the outſide thin, ſome doe call it wilde Vine, ſlice it and lay it all night in a pinte of ſallet oyle, and then boile it and and ſtraine it keepe it for your vſe, for this is good to annoynt any Ague ſore, or any other ſwelling.

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This

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A medicine for the bloodie flixe.

TAke two tosts of cheat bread and toast them & two egs and roast them

hard, and take the yolkes of them and the liuer of a chick, and beat all this together ſmall, then put all this into a pinte of charne milke, then take halfe an ounce of Cynnamon and beat it ſmall, and put it in the medicine, and then take of it euening and morning faſting, for ſo it moſt auayleth you, but if your ſtomacke bee weak, then put in ſome ſuger to ſweeten it.

For the pin and web in the eye.

TAke the iuyce of Parſley and halfe as much Hony, and with a fether drop it in the eye, and after it you muſt put in ſome powder of white Suger Candye: you muſt dreſſe it thus very often.

For to take the Ague out of any place where it doth fall.

TAke Succory a pretty quantitie of it, and mingle it with ſome Bores greace,

greace, and ſpred it vpon a cloth, and warme it againſt the fire, and lay it to the place.

A medicine for a greene wound.

TAke a quantitie of Venice Turpentine, and waſh it in faire water vntill it be white, then take a Plaſter therof, and lay it to the wound vntill it be drawne, then take the yolke of a new layde egge, and adde thereunto a ſmall quantitie of fine wheate flower, and a little freſh butter, and mingle them together, and lay a plaſter thereof vnto the wound after it is drawne with the Turpentine.

Another medicine to be taken inwardly for a greene wound to be taken in Ale or Beere, it is likewiſe good for the ſhutting of a bone broken or cut, either for man or beaſt.

TAke iuyce of an herb called Bonwort, to the quantitie of ij. or iiij.

spoonfulls or more, according to the stomacke of the partie that is hurt, take the same quantitie, and drinke it either in the milke or as before it is written, three or foure seuerall mornings fasting, or oftener as you will, and it will free the partie, when the hearbe is not to be gotten, then you may vse the roote, and it will auaile as much.

If the wound be but little, either this drinke or the Medicine before written will helpe it, but if it be great, you must vse both together.

For to heale wounds and sores.

TAke Rosin and Frankinsence, of each foure ounces, of white waxe and Olibinum, of each three ounces, of Harts suet, of Mastick, of each an ounce, Venice Turpentine, halfe an ounce, white Wine a pint, melt the Rosin, the Frankensence, and the Harts suet together, then straine it in a pan,

a pan, and put thereto all the white wax, the Olibinum, and the Masticke made into powder, and the white wine, boyle all together till the wine be consumed, then take it from the fire and stirre it till it be almost cold, then put in the Turpentine and make it in a rowle, and keepe it in parchment or lether,

Another.

Take Callamint, Penniriall, of each a like quantitie, Nigella romana seede a little bruised, a French crownes weight, boyle all these in posset drinke made of white Wine and ale, a good draught euening and morning you must drinke.

A medicine for the head burning that long time hath beene.

TAke a qnantitie of the gaule of a Hare, and as much of hony, mingle it together a good while till it turne redde, and with it annoint the forehead,

head, and all the aking shall be taken away, this is a precious oyntment.

For to set in a bone, or heale a broken bone in man or beast.

TAke the iuyce of Comfrey rootes, and wilde Dayse roots, and boile them with Turpentine and yellow waxe, and make a flat plaster thereof, and lay it to the griefe, and set splinters about it, and rowle it to keepe it stiffe once in fiue dayes till it be hole: and you must drinke the iuyce of the roots nine dayes in some liquor, either to man or beast when you vse the plaster.

For the Pyles.

TAke newe milke and thicken it with otmeale finely sifted through a fiue, & let it seeth till you make it vp like suppositaries, & then take it vp & cut off the outside of a race of ginger, and

and grate it and mingle it together, and some of it make into a Plaster, and the rest make like suppositaries, and put them vp as you do suppositaries, and then lay a plaster on the place, and vse this vntill you be hole.

A medicine for a Rupture in old or yong.

TAke Knotwort, Ribworte, and Comfrey, of each a like quantitie, wash them and drie them, and set them in the ouen when the bread is drawn so that they may drie, then beat them to pouder, them scorce them finely through a searce . . . . siue, and looke what quantitie you take of the herbs when they be dried, take halfe so much Aniseede, & beat them with the pouder of the hearbs and searce them, & thus hauing made the pouder ready, whē you wil vse it, take as much of the pouder as you can lay or take vpon a good broad six-pence, and xiiij mornings together giue it to

to the partie to drinke with a little malmsey fasting, & anoynt the place first with oyle of spike mingled with any other thing, and also take such hearbes as you make your powder of, and seeth them in faire running water, till they be tender, wringing the water out of them, & apply them to the place as hot as the partie can suffer it, and let not the trusse be too straight, lest it force the place do rent further, take the hearbes to make the powder with, in May when the chiefe strength is in them, the Knotwoort beareth a little wachet flower: This hath beene prooued on children so borne, and on olde folkes that haue beene foure and twentie yeares broken, and doth helpe al sorts that with good vsage doe not abuse themselues through the grace of God.

A-

A medicine to be vsed during all the time of the Plague, good against infection.

TAke a pint of white wine vineger, and halfe a pinte of Iene, Trekell, and a quantitie of Bole Armonacke, otherwise called Bolles verus, and stirre all this together, and take three spoonfuls in the morning, fasting, and fast an houre after it, and take three spoonfuls an houre after supper.

Another medicine for paine in the head.

SEeth leaues of Agrimony with hony, and giue them to drinke, and draw it through a cloth, and keepe it in a box, and therewith anoynt your head, and wash your head in the water that Celondine is sodden in.

For

For aking of the head.

SEeth Pulioll in Ayſill, and then put in thy noſe.

Take Rue and Fennell, and ſeeth them together in water, and waſh therewith the head.

For a Fellon of the head that ſwelleth the head of a man: and that before written is for the ſame.

TAke the greaſe of an Hart, and hony, and barly meale, and ote treſt, and moicell, and ſtampe them together, and after ſhaue thy head, and then make a plaſter, and lay it to thy head as hotte as you may ſuffer, and let it lie vntill it be whole.

For all Ebilles of the head.

TAke Rew, and ſtampe it with ſtrong Ayſill, mingle it and waſh the head therewith.

For

For the Carbuckle or the Postume in the head.

TAke wormewood, Origanum, Mayron, byeuen, porcod, & seeth them in sweet wine, and after that wring out the iuyce, and lay it to the eares of the sicke with two spónges, as hotte as he may suffer it, and vse this two or three times, and he shall be whole.

For the Mygrims, Postume, Dropsie, Feuer, and all maner of akings in the head.

TAke a penny waight of the roote of Pellitory of Spaine, sixe pennie waight of Spicardy, & grind them together, & seeth them in good vineger, and take a saucer full of honie, and fiue of mustard, and when the liquor that is boyled, is cold, doe thereto the hony & the mustard, & stir them wel together, & let the sick vse therof, halfe

halfe a ſpooneſull at once, and hold it ſtill in his mouth, the ſpace of two creedes ſaying, and then ſpitte it out into a veſſell, and do ſo ten or twelue times, a good while after he hath eaten at noone, and a little before euen ten or twelue times, and when he goeth to bed, take and waſh cleane his mouth, and drinke a draught and go to bed: vſe this Medicine three daies and he ſhall be whole.

For the head-ache,

TAke and ſeethe veruine and betonie, ſilles and wormewood, and waſh the parties head with the water thrice in the weeke, and take the herbes and make a plaſter, and lay it vpon the vpper part of the head, on this wiſe.

TAke the herbes aforeſaid when they are well ſodden, and wring out the iuyce of them, and then ſtamp them

them in a morter, and temper them with the water wherewith they were ſodden, and doe thereto the branne of wheate, for to hold the iuyce of the hearbes that it goe not out, and make a garland of linnen that may go about the head and binde the plaſter vnder it, as hotte as the ſicke may ſuffer it: doe this three times, and hee ſhall be whole.

Another.

CLoues comfort the ſtomacke, liuer, and heart, they helpe diſgeſtion, and ſtoppe the bellie, they quicken the eye-ſight, and ſcowre away the cloudes and hawes of the eyes, they are good againſt all cold diſeaſes, and they are hotte in the third degree: the oyle of Cloues is verie good for a cold ſtomacke, and for any other plaees that hath neede of warming, as a rumaticke braine.

Another.

TAke of litrage of lead foure ounces, of vineger, of common oyle a

like quantitie, put the lytrage in a morter, and put a little of the vineger, and a little of the oyle, and beat them together, and so put in by a little and a little all your oyle and vineger, you must beat them two houres together, it must be as thicke as your greene salue.

Another.

TAke Camphorie, harts-ease, priuit, plantan, of each of them one handfull, bruise these in a morter, and put thereto of Harts suet, of fine sallet oyle, of each dimme a lib, mingle them well together, and let them stand foure and twenty houres, then put them into a panne or brasse pot, and put thereto of waxe and rosin broken in small pieces, of each dim a lib, let these boyle all together ouer a fire of coales, vntill the iuyce of the hearbes be consumed, and the oyntment greene, then straine it through a canuase cloth into some pot that you will keepe it in, and when it beginneth

neth to be colde, then put thereunto foure ounces of venis turpentine, and ſtirre all together vntill it be through cold, and keepe it cloſe couered.

Anether.

THe wine of eyebright is made for the eyes, by putting the herbes into the muſte, vntill it be perfit wine, whoſe vſe make the eyes of olde men looke yong, for it is hot and drie, and the powder of it beaten with the yolke of an egge it worketh the ſame effect: the powder receiued in wine, if the wine be too ſtrong, put in fenell water or ſugar.

A medicine againſt the ſtone in the backe or bladder, or for the weakeneſſe of the backe, which is called the running of the raynes.

TAke venis Turpentine, and waſh it in roſe water, either redde or damaske, vntill it looke white, then diuide it into ſmall balles, as you may

easily swallow to the full quantitie of three hasell nuts or there about, then rowle them in sugar, to make them the more easie to be taken, then swallow them in the morning fasting, and fast foure hours after them: take these three or foure seuerall mornings together, and in your water you shall finde much grauell.

To take away the pocke-holes, or any spot in the face.

TAke white rose water, and wette a fine cloth therein, and set it all night to freeze, and then lay it vpon your face till it be drie, also take three poppies, the reddest you can get, and quarter them, taking out the garbitch, then still them in a quarte of new milke of a red Cowe, and with the water thereof wash your face.

To

To make Snow.

TAke the whites of fiue or ſixe egs, a handfull of fine ſugar, and as much roſe water, and put them in a pottle of cream of the thikeſt that you can get, beat them all together, as the ſnow riſeth, take it off with a ſpoone, you muſt beat it with a ſticke clouen in foure, then muſt you take a loafe of bread and cut away the cruſt, and ſet it vpright in a platter, then ſet a faire roſemarie branch in the loafe, and caſt your ſnow vpon it with a ſpoone.

A medicine for the Piles.

TAke the hearbe called Torch-worte, is groweth hie, bearing a yellow flower, blowing out of the ſtalke, the leaues looke hoare. Take the iuyce & boile it with freſh butter a little while, & keepe it cloſe, and vſe

it euening and morning: If a cowes vdder be ſtung or bitte with a ſnake or ſuch like: Take Lauender, and waſh it cleane, and ſeeth it in chamber-lye a good while, and waſh it euening and morning warm, you may put a little freſh butter in it, and milke out the milke when you doe it.

A medicine for a cold, or burne, or a ſore, approued.

TAke water-ſucke leaues, otherwiſe called Hogwort leaues, allie-houſe daiſies, rootes and leaues and all, and a little Roſemary, and waſh them and ſtampe them, and boyle them in creame vntill it is butter, then ſtraine them, and apply it warme to the burne, pricke the water-ſucke leaues, and lay them vpon it, dreſſing it twice a day, or three times if need: To heale a ſore, put Turpentine, Roſin & wax in it, dreſſing it with linte.

For

For the ſtich.

TAke ſtich-wort, bay leaues, holly without prickles, of each a like quantitie, the iuyce, graines beaten, drinke it in ale warme.

For the ſwelling.

TAke the grounds of good Ale, glouers ſhreddes, and white bread crumbes, and ſage, boyle them, lay it to warme, it will aſwage the ſwelling and the ache: it hath beene proued.

For the tooth-ache.

TAke organny that groweth cloſe to the ground, that taſteth like aqua-vitæ, bruiſe it, lay it to the tooth: Burſa paſtoris will doe the like.

For a bite, or Fellon, or sore leg.

SEeth a pint of ale to two spoonfuls like a syrope, pricke a piece of leather with a pin, it wil heale it without breaking: if it be broken, take linte to the whole with some salue, let it lie foure & twenty houres, lay it to cold.

For the scratches of a horses leg.

TAke vineger, mustard seede, gunpowder, boyle them, wash it hotte three or foure times, proued.

For the Gowt.

TAke Mallowes, and sengren, beate them and boyle them in water, then straine them, put oate-meale groats soked in vineger and sheepes suet vntryed, then boyle it to a poltesse, proued.

For

For the Ague.

TAke a red onyon cutte ſmall, ſixe and fiftie graines of pepper beaten ſmall, bind it to the wriſt halfe an houre before the fit, proued.

For the Gowt.

TAke a fat whelpe of a hound, ſcald him like a pigge, garbage him in the ſide, take then red nettles ſtamped with two ounces of brimſtone, and foure ounces of turpentine, foure yolkes of egges, ſtuffe the belly and ſow it vp, roſt it with a ſoft fire, ſaue the dripping, oynt the place, it is good for ſinewes, and crampe, it will driue it away: for the like effect, oyle nettles, white wine, boyle them, apply them hotte.

For the Ciatica.

TAke the gall of a Bull, a quart of wort, boile it to a pinte, thē put in a pinte

pinte of vineger, frankyncense one ounce in powder, of hony halfe a pound, of commin halfe a pound in powder, boyle it thicke, spread it on leather, lay it to hot two or three dayes, lay a linnen cloth betweene the skin and the plaister, the plaister will serue many times. proued.

For the tooth-ach.

ALlom as big as a walnut, garlicke an handfull, twentie beanes, an handfull of bay salt, pepper, beate it together, lay it to the wrestes twentie foure houres or more.

For to stoppe the bleding of a wound.

THe wooll of an incke-horne, sanguis draconis, & boll armonycke, and the whites of egs layd on towe.

For

For a Conſumption, either for old folke, yong folke or children.

TAke longwort, liuerwort, hartes tongue, of each an handfull, red mints, red ſag, mother of time, of each an handfull, parſley and fenell rootes, the pithes out of each halfe an handfull, liquoriſh on ounce, anniſe ſeedes on ounce, ſceeney two ounces, turbet on ounce, tappe dates two ounces, ſynamon on ounce, nutmegs two ounces, white ſuger candy foure ounces, rubarb on ounce ſliced, ſtamppe your ſpices and your ſeedes, & beate your other pottecary ſtuffe, & ſhred your herbs fine, boile it in iij. quarts of reniſh wine to a pottell, ſtrain it, drink foure times a day a quarter of a pinte at a draught warm put in a peniworth of aqua-vitæ, & as much ſafron beaten fine: after it is boyled, if the patient be laxatiue, leaue out your rubarb, ſceeney & turbith, & boile it in

wort,

wort, it is beſt in wort for children: for aged folkes that be weake, boyle in the ſtone of a Bore, or a ramme, or a horſe is beſt, on ſtone is enough for one time, you may take one to purge, and another not to purge, the ſecond receipt is enough, purge firſt.

To make one make water.

TAke the ſtones and kernels of peaches and medlers, beat them fine, ſift them through a ſearce, put in ſugar, drinke it in white wine.

To make a Scare

TAke a pound of ſtone pitch, as much roſin as a great walnut, and twice ſo much cleane waxe, a ſpoonfull of freſh Swines greace, boyle all together til it be well mixt, then coole it in water, then oyle your handes with hogges greaſe, and labour it in your hands an houre and more, till it will cleaue to your hands.

For

For the same, and the left for all manner of aches.

TAke Rosin dim. li. of perrosone a quarter of a pound, as much gum masticke, a quarter of a li. of Deere suet, two ounces of turpentine, one ounce of cloues, and mace, of saffron two ounces, and the licoure must be oyle of roses.

For a great ach, a soueraigne medicine.

TAke sparmacitie eight peniworth, of oyle two d. of blacke sope halfe a pound, of butter without salt, as much as a great walnut, boyle it on a chasindish of coales halfe an houre, stirring it well from the the bottome, spread it on leather, as broad and as long as your griefe, lay it too foure or fiue dayes.

To

To make a good oyntment or salue for any sore.

TAke a good handfull of Sage, as much of Plantane, as much of brownwort, as much of hony suckles as much of tursame, as much velerion, boyle all these in May butter, till it be browne, then straine it, and put in a quantitie of virgine waxe, then boyle it againe.

A good Receipt for all manner of sores, olde or new, named the gift of God, praise be to him.

TAke Beetonie, veruin, pimpernell, bugle, smallage, plantane, Scabeas water. agrimony, of each a like, stamp them together, boyle them together in a gallon of white wine to the third part, then straine them, and put to them a quantitie of sheepes suet, and halfe a pound of waxe, di. li. of rosin, di li.

di. li. pitch, one li. of olibanum, and boyle it againe.

For bagges in the Fundament.

TAke the yolke of an hard egge rosted, the oyle of roses, and marygold leaues, beat it together, lay it to hotte.

To kill a Tetter.

TAke greene Broome, boyle it in a quart of running water halfe away, bath it with it.

For the Pestilence.

TAke the water of Beetony, and pimpernell, turmentill, of Scabeas, mixe it together, drinke it nine dayes fasting, and feare no pestilence.

For

For one that is taken within the body, or any place.

TAke Rose cakes, aqua-vitæ, and rose water, heate it on a chasin-dish of coales, lay it to the stomacke, they shall mend by Gods grace.

For the Ague or cold.

TAke greene Alderstickes, take the inner rine a handfull, beate them, drinke it in ale fasting, fast iij. houres, walking after it, then eate a caudle.

Another for the Ague.

TAke a spoonefull of iuyce of orenges, as much aqua-vitæ, mingle it with a yolke of a new layde egge in the shell, suppe it vp fasting once or twice.

King Henry the eight his perfume

TAke sixe spoonfulls of compound water, as much of rose water, a quarter

quarter of an ounce, of fine ſugar, two graines of muske, two graines of amber-greece, two of Ciuet, boyle it ſoftly together, all the houſe will ſmell of Cloues.

For the Strangurion.

TAke horehound one handfull and an halfe, red wine halfe a pinte, of oliue oyle fiue ſpoonfulls, boyle it together, put it in a linnen cloth to the ſmall of the backe, as hot as may be.

To cleanſe a wound.

TAke beere, wheate, ſtone flower, and hony, boyle it thicke, apply it to.

For the Gowt.

TAke wormwood, walwort, wheaten branne, Cow dung, and ſalt, boyle it in vineger, plaiſter it to the griefe.

For a Bruiſe.

TAke halfe a pinte of ſallet oyle, as much oyle of roſes, as much aqua-

vitæ, and three or foure scoure snailes that beare shelles, stampe them small, boyle them to oyle.

To keepe one Laxatiue.

TAke a newe lade egge, put out the white, then put in newe butter vnsalted, heat it, then eate it, vse it often.

Two remedies verie good against wormes in little children.

TAke floure of wheate well boulted as much as will lye vpon three crounes of gould, and put it in a glasse and power into it well water so much as will steepe the sayd floure, and make it looke as it it were milke and no thinner, then giue the childe drinke of it, and you shall see with his excrements the wormes come forth dead, which is a verie good remedy.

The

The second remedie against wormes.

FOr children that be so little, that the medicine cannot be ministred at the mouth, you must take verie good aqua vitæ wherewith you must wash or wet the stomacke or brest of the child, then power it vpon the said place with the pouder of fine myrhe, and lay the child downe a little while with his brest vpward, and you shall see incontinentlie the wormes with the childes dung come fourth dead.

To heale children of the lunaticke disease which happeneth vnto them by reason of a worme with two heads that breedeth in their bodies, the which worme comming to the hart causeth such a passion in the childe that oft times it killeth them.

TAke the tender stalkes of a wilding Tree and dry them in the sha-

dowe, then stamp them well and sift them, and take of the said powder and rootes of Gention and of long Pyome of each of them a quarter of an ounce, and a quarter of an ounce of myrhe, all these well beaten to pouder, you must put in a dish, or in some other vessell, and moist them with a little water, then take of it with your two fingers, and wet the lippes and mouth of the childe, doe this three or foure times, and you shall see the worme come forth dead with the excrementes.

A remedie for the falling sickenesse.

TAke Germander gathered in may when it is in the blossome dry it in the shadowe, and make it in pouder and when you will vse it take the yolke of an egge or two, and stir and breake it with a spoonefull of the said pouder, then seeth it, and giue it to the pacient to eate, doe this morning

and

and euening eight daies, abſtayning from wine, carnall Company of women, from all pulſe, beanes peaſe, fetches, tares, and ſuch other from Salates, ſalt fiſh, and from al other things which are hard of concoction and digeſtion a verie good and notable ſecret.

A remedie to cure the bytinge of all venemouſe beaſts.

AS ſone as the partie feeleth himſelfe bitten with any venemouſe beaſt, or as ſoone after as may bee, take greene leaues of a figge tree, and preſſe the milke of them three or foure times into the wound, and for this ſerueth alſo muſtarde ſeed mingled with vineger.

To drawe an arrow head or other yron out of a wound.

TAke the iuyce of valerian, in the which, wet a tent and put into the

wound laying the said hearbe vpon it stamped, then make your binder as best fitteth, and by this meanes you shall drawe forth the Iron, and after heale the wound.

For a knocke or falle, causing a bunch vpon the head.

TAke an ounce of bay salte, raw hony three ounces, Comen three ounces, Turpintine two ounces, mingle all these well vpon the fire, then spread it vpon a lynnen cloth, and make thereof a playster, and lay it hot to his head, the which will asswage the swelling & heale the hurte.

A secret remedie against the pluriſie.

OPen a white loafe new baked, in the middle, and spread it wel with good Treacle, on both partes, vpon the crummy sides, and heate it at the fire, then lay one parte vpon the place of the disease, and the other parte on the

the other side of his bodie directlie, and so bind them that they stir not, leauing them so a day and a night, or vntill the impostume breake, and then take away the bread and immediatlie the patient will spit forth the putrifaction of the impostume, and when he hath slept a little, let him eate, and by Gods helpe he shall shortly be well.

A very good remedy for a wound with a sword, staffe, stone, or such like.

TAke Taxus Barbatus, stampe it and take the iuyce of it, and if the wound bleede, wipe it and make it cleane, washing it with white wine or water, then put the iuyce vpon the wound, and the hearbe vpon it out of the which you tooke the iuice, then binde vp the wound, and in one day you shall see a wonderfull effect.

Againſt the diſeaſe or griefe of the flanks, and the collicke paſſion, experimented, and proued diuers times.

TAke halfe a glaſſe or leſſe of the iuyce of Barberies, when they be very ripe and red, and put into it as much red Corrall as will lie vpon ij. groats well broken into powder, and giue the patient to drinke thereof.

Another perfect remedy for the ſame diſeaſe, and to make a man piſſe within halfe an houre that hath not made water in three or foure dayes, and will breake the ſtone within ten or twelue dayes.

TAke fine pouder of Virga Aurea, and put a ſpoonful of it into a new layde egge, ſoft roſted, and giue the patient thereof in the morning to his breakefaſt, and let him not eate in foure houres after, and then ſhall hee make

make water in lesse then halfe an houre, and let him vse this for the space of tenne or twelue dayes as aforesaid, the patient shall voyde the stone without any paine or griefe.

A remedy for spitting of blood, occasioned by the breach of some vayne in the breast.

TAke mise dung beaten in powder as much as will lie vpon a groate, and put it into halfe a glasse full of iuyce of plantane with a little sugar, and so giue the patient to drinke therof in the morning and euening continuing the same, he shall be sound.

Against the griefe of the lungs and spitting of blood, a remedy experimented and tryed.

TAke an hearbe called farfara or Tussilago of the Apothecaries Vngula Cabellina, in English called Colts

Colts foote, in French, pat de lion, incorporate it well with the larde of a hogge chopped, and a new layd egge, boyle all together in a panne, and giue the patient of it to eate nine mornings, this is alſo good to make one fatte.

Againſt ſtincking of breath.

TAke Roſemary leaues with the bloſſoms, if you can get them, and ſeeth them in white wine with a little myrhe and Cynamond, and you ſhall finde a marueilouſe effect, if you vſe it often in your mouth.

Againſt the biting of a mad dogge, and the rage or madnes that followeth the partie bitten.

TAke the bloſſomes or flowers of wilde thiſtles dryed in the ſhade and beaten into powder, halfe a nutſhell full, put into white wine and drinke

drinke it, and in thrice taking it you shall be whole, A thing tried and experimented.

A medicine for waterish eyes.

TAke a redde coleleafe, and anoint the leafe with the white of an egge when you goe to bedde, lay the same to your eyes.

A medicine for sore eyes.

TAke a litle ground Iuy, and straine it & womans milke together, and let it be somewhat greene of the Iuy, and then drop a drop or two into the eyes.

Another for the same.

TAke Fannell water stilled, and liue hony, and mingle them together, and put a drop or two into the eye, these are approued.

To make water for the eyes to kill the heat of any sore.

TAke redde sage and boyle it in Smithes water, vntill the third part bee consumed, then straine out the sage very hard, and put into it a quantitie of the liquor, a peny worth of Allome, and as much of white coperas, after you haue taken it from the fire, and annoynt your eyes therwith.

Another for the same.

TAke the leaues of redde brambles, and of plantan, and hony-suckles, and boyle all them in running water, from a quart to a pinte, and vse it to the sore.

A medicine for the pinne and webbe in the eye.

TAke the white of an egge, being hotte, take out the yolke cleane and

and put thereto a good quantitie of ſugar-candy, then ſtraine it hard through a cloth and therewith make a water, and euery day two or three times droppe it into the eyes.

A medicine to cleare the ſight.

TAke red roſe water, cleane mirhe, as much as a nutte and breake it into powder, and binde it in a linnen cloth, and let it lie in the water xij. houres, then take of this water and put in your eyes, and it will cleare your ſight.

For a pearle in the eye.

TAke red Fennell, and the leaues and roots of white daſies, vſe them without any liquor, and put together three ſpoonfulls of either of them, then take one good ſpoonfull of clarified hony, and two or three ſpoonfuls of womans milke, and drop this into

into your eye three or foure times a day, and if there bee any sight in the eye this will cure it.

For eyes that are blasted.

TAke a toste made of broune bread, and lay it in redde wine that is not mingled, and let it lie vntill it be soked halfe an houre, then put it into a fine cloth, in two pieces for each eye one, and the fine cloth must be betweene the eye and the toste, dresse it when you goe to bedde at night.

To purge the head and eye sight.

TAke the iuyce of Hei-hoo, and put it into your nostrels, & the fleame shall follow and the running water.

For the eyes that be red and sore.

TAke Fennell, Verueine, Roses, Salendine, and Rue, of each two ounces,

ounces, and distil it all together, and when neede is, then put a droppe or two into the sore eye, for it is good for all manner of diseases in the eye.

Against the payne of the eyes.

TAke the yolke of an egge rosted hard, and layd to with rose oyle and saffron, the iuyce of Basill put in.

For to see well.

TAke eye bright, red Fennell, of each halfe a handfull, of Rue one quarter of a handfull, cause these to be distilled, and wash your eyes daily with the water.

For the taking in the legge.

TAke a peice of soure leauen, and as much barme, and as much blacke sope, and temper them all together, and so spread it vpon a linnen cloth

cloth and put it to your legge where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or foure dressings.

A dyet drinke for the consumption.

TAke a gallon of running water, measured by ale measure, and put thereto an ounce of Cynamon, an ounce of cloues, and an ounce of mace, a dramme and a halfe of Acter rootes, and boyle it vntill it come to three quartes, let this be your onely drinke till you do mende.

A medicine for the headache.

TAke a handfull of Rosemary, and two handfull of Bettony, and a spoonefull of hony, and seeth them al in Malmesey, and wash your head therewith.

Ano-

Another for the head ach.

TAke fiue nutmegges, and grate them, and ſeeth them in malmeſey till they be thicke, and make a plaſter thereof and lay it to your temples.

For winde and ſhootings in your head.

TAke Egremony aud Cynamond, and bay them, and put them in ale and lay it to the temples of the head, and if the paine remoue, lay it where the paine remoueth.

Another for the head ache.

TAke a handfull of Camomill, a handfull of pennyryall, a handful of ſage, a handfull of wheate branne, chop them altogether ſmal, and boile them in a pinte of ſharpe vineger till they be thicke, and thereof make a playſter and lay it to the temples of

the head as hotte as you may suffer it, and it shall (by Gods helpe) doe you good.

Another for the same.

TAke a piece of raw beefe, and lay on the nape of your necke, and shift it euery night when you goe to bedde, and vse this as often as you see good, proued.

Another for the same.

TAke an ounce of oyle of Roses, two ounces of white Vineger, iiij. ounces of plantane water, mixe these together, and wette a linnen cloth in it, and lay it to the temples.

A medicine for Megram in the head.

TAke Housleeke, and Garden wormes, the greater part being Housleeke, stampe them together and put thereto fine flower, and make a playster in a fine cloth and lay it to the forehead and temples.

Ano-

A nother for the same.

TAke musterd seede and temper it with vyneger and make an oyntment therefore, and lay it to the temples in a plaster, and an other in the nape of the neeke behind, where it is not sore, and it will auoyd and shortlie be hoale.

A medicine to keepe vp the pallat of ones mouth.

TAke a peece of wheaten leuen, and Commen seede beaten in a morter, a quantitie of bay salt, and redde Rose vyneger, and redde Rose water, put them into a bag of cloth, and lay it to the mould of the head.

To dry vp Rume in the head.

TAke a quantity of dried rose leues, the flower of Camamell, Bassell,

Margerum all dried a quantitie of Cloues and mace, groſe bruiſed, a nutmeg, and a quantitie of dill ſeed, all quilt in a cap.

A Poultis to coole any place either face, or any where els, that is red and full of heat pimples.

TAke houſleeke, mallowes, purſaline, water roſes, called numium, beate all theſe, and take the iuyce of them, and put a little oyle of Roſes to them, and wath the place with it, or ſtamp the hearbes till they be thicke like pappe, then ſeeth it with a little roſe oyle and waxe, and then you may lay it on as a plaſter.

Againſt red pimples of the face.

TAke an ounce of camphire, as much of brimſtone beaten, mirh, frankincenſe, of each foure drammes, of roſe water a pound, put all theſe in a glaſſe,

glasse, and set it in the sunne ten daies and then lay it on the places.

Another.

TAke the distilled water of ashe tree, tamaredes oft eaten, wine of strauberries layd vpon the face.

Another.

TAke the distilled water of mulline, and a little champhire mixed together, and layd to the face.

A medicine for them that are deafe so that they haue heard before.

TAke iuyce of bittanie, womans milke, that hath a man child, mingle them together, and dip a peece of black wooll into it, and put a peece of it into your eare for the space of ten or a leuen dayes or more, if it happen that this will not take away the deaf-

nes, then take the milke of a cowe, and seeth it with oate meale, and iuice of bittany and lay it plaister wise ouer the eares, night and day for a long time.

To make an oyntment for a red face.

TAke halfe an ounce of Camphire, and two drammes of Sulpher vinum, and an ounce of Deeres suet, melt the suet and the camphire together, then put in the Brimstone, fine ground in a morter, when the other is almost cold, and set them no more ouer the fire after the Brimstone is put in, These being laid on all night, will take away the heate and the pimples.

Another for the same.

TAke as much Mercury sublimate as a Beane, and twise as much Allom, and put them in a quart of faire water, and boyle them together with two

two or three cornes of bay ſalt, and bath your face therewith often in a day with the ſame cold, and open the pimples with your fingars before you wath.

For a ſore mouth.

TAke a quart of white wine, and a quart of water, and a pinte of wine vineger, and a good quantitie of red ſage, two penyworth of mercury, and halfe an ounce of roch Allom, and a quantitie of Roſemary, and a greater quantitie of woodbine leaues, and iij. ſpoonfulls of hony, ſeeth them together, and waſh your mouth therwith.

A water for a Canker and ſore mouth.

TAke roſemary crops, Sage, Singfield, woodbine leaues, Allom, liue hony, or pure hony boyled in ſpring water, halfe a handfull of each of the foreſaid hearbes boiled in three pints of water, til they be boiled a thirdpart away, & keepe it in a glaſſe ſtopped,

and waſh your mouth with it.

For a canker and ſoarnes in the mouth.

TAke two ounces of fine coperes beaten into pouder, halfe a pint of faire water, and let the ſame coperes be diſtilled or ſteeped, two dayes and two nights, then ſtraine the ſame ſoftly through a linnen cloth, then take a ſpoonefull thereof, and waſh your mouth & throat with it ſoftly, blood warme, but drinke none of it, this medicine will not continue good aboue foureteen daies, therefore you muſt make it freſh as occaſion ſerues, you muſt take it morning and euenning.

A medicine for the mother in a womans ſide that ryſeth.

TAke Aqua-compoſita, and beate bay berries in powder, and put it into the aqua-compoſita, and put a ſpoonefull

ſpoonful or two in a draught of beere or ale, and ſo drinke it.

A medicine for the pricking of a nedle, or thorne in the ioynt.

TAke faire boulted flower of wheate, and temper it with wine, white or redde, and a little oyle oliue and a few roſe leaues, and ſeeth them together till it be plaiſter thicke, and lay it to to hotte as you can ſuffer, It will draw foorth the nedle, and eaſe the Ache.

A medicine for a Canker that eateth mans fleſh.

TAke wheate branne of the ſmalleſt powder, the iuyce of ſmallege, the iuyce of woodbine, and burnt allam, beate into powder, and a little hony, mingle all theſe together and make a plaiſter of it, and lay it to the ſore, and it ſhall deſtroy the Canker.

For a bruise.

TAke Virgin waxe, and commen seede well beaten, mixe them together, and lay it to the bruise plaster wise.

For a white scalde.

TAke sallet oyle beaten with the whites of egges till they be thorowly wrought together, cut away the heare, and so annoynt the head and lay a bladder vpon it.

A medicine against all stiches.

TAke linseede and boyle it in newe milke, and make a plaster thereof and lay it to the place grieued.

A medicine for a sore breast.

TAke groundsill and chop it small, the grounds of small beere, wheaten

ten branne, and sheepes suet beaten in morter, and boile them altogether, and lay it plaster wise to your breast.

A medicine for swelled brests.

TAke white wine, wheat bran new bolted, rose leaues, old and new, seeth them vntill they be thicke, then lay it to the brest as hotte as she may suffer it, from euen till morning, and shift it againe.

To breake the fleame of the brest.

TAke butter without salt, and hony, of each a quantitie, faire bitter Almonds, blanch them, and beat them fine, and eate a little euery day.

A very good medicine for any ache or sore brest, often approued.

TAke Frankinsence, fine wrought Waxe, Bores grease, and Rosin, of

of euery one of them a like quantitie, and ſeeth them together to a cake, ſpread it on a cloth as broad as the ſore or paine is, and lay it too foure and twenty houres, or twelue at the leaſt.

An approued medicine for a ſore breſt.

TAke a handfull of mallowes, ſeeth them very ſoft in faire water, and then let the water runne away from the mallowes, then choppe or ſhred them, then put them in a diſh with bores greaſe, and heate them very hot and lay it in a plaſter of linnen cloth to your breaſt, as hotte as you can ſuffer three or foure times a day heating it, this hath beene approued very good.

A remedie for the paines of the breaſt.

TAke hyſope, parſley, & ſage, ſtamp them together, and lay them to the breaſt, and they will be whole.

Ano-

Another for the ſloping of the breaſt.

TAke Rewe, and ſeeth it with allegant, and drinke it three or foure times.

A medicine for the bloody flixe.

TAke as much fine linnen cloth, as wil make a ſuppoſitary, being rapped together button wiſe, then wet the ſame in the beſt aqua vitæ, or aqua compoſita, and let the partie greeued conuey the ſame into his fundament, and it wil helpe them by the grace of God, within three or foure dreſſings, this is approued, and hath holppen many that haue beene brought low and thought paſt cure.

Doctor Smithes medicine for the collicke and ſtone.

TAke poſſet ale made of Renniſh wine, boyle Camamill, running time, parcehe, pellitorie of the wall, with

with a good spoonefull of commen seedes, till the thrid part and more be consumed, then strain them with suger sufficient, drinke a good draught warme, and vse it as occasion serueth.

A medicine for the Chin-coffe for a child.

TAke boares grease, and warme the soules of the feete to the fire, and chafe them with that, and go to bed and keepe it warme, and lappe cloths to it.

To stay a Laxe.

TAke halfe a quarter of a pound of almonds, and parch thē vpon two new tiles, beate them in a morter, and take a quarte of faire water, and set it on the fire, and put halfe a handfull of knot-grasse, and halfe a handfull of plantine leaues, and let them seeth a good while, then take the water,

water, and ſtraine the foreſaid almonds therewith, and make an almond milke thereof, & put in a peece of ſuger then take date ſtones, and beate them to pouder, as ſmal as may be, and put ſome of that pouder into the almond milke, ſo drinke it luke warme.

An excellent medicine for a child that cannot part with his water, or vrine.

TAke three or foure hiue bees, kill them, then drie them vpon hot ſlat, being thorough drie, bruiſe them to ſmal pouder, then put the pouder into a quarte of ſmall ale, & giue the ſicke to drinke, and he ſhall haue preſent remedie.

A medicine for the paine of ſwelling in the ſtomacke.

TAke a good quantitie of roſemary, flowers, boyle them in whit wine, and

and as hot as may be suffered, applie it to the stomacke.

An approued medicine for the spleene.

TAke a quarte of claret wine, a pint of oyle of oliffe, two good handfulls of camamill being shred small and boyle the wine and camamill together from a quarte to a pinte, and annoynt the hardnes of the spleene, morning and euening therewith, and it will dissolue.

A medicine for a fellon or andcome.

TAke Rustie bacon, and Colewort leaues stamp them together, then take a peece of dogges leather, being pricked full of holes, and spread it vpon the lether, laying it to the soare twice a day, and when it beginneth to heale, but once a day.

A

A medicine for the ytch of the body.

TAke ſweete butter, vnwrought waxe, vineger, brimſtone, a little Roſe water, red cloues hole, boyle them together, till they be like a ſalue, then annoynt the fleſh, three ſundry nights by the fire therewith, and no more.

A medicine for the Canker in the body.

TAke bollarmoniacke, roch allom, and hony, then beate them to pouder, take twiſe as much of the allom, as of the bollarmoniacke, and ſtirre them together, till they come to a ſalue, and ſo annoynt the ſoare.

A medicine for the heate or ache in the body, or legges or elſe where.

TAke red docke rootes, and take out the ouer pith and ſeeth them

in running water, then draw the water from them, and beate it with thick creame, and so annoynt the place that is greeued, or with a cloth dipped in the same, and layd ouer the place.

A medicine good to clense the body.

TAke bawme and lay it in white wine, till it be well steeped, and then distill it, the water thereof is good for any disease that is in the body, but you must distill the wine and all together, drinking a spoonefull or two in the morning, prooued.

A medicine for a fistula.

TAke veruon, and dry it vpon a tile, and make pouder thereof, & make cleane the soare with a linnen cloth, and fill the hole full of the pouder.

A remedie for one that vomiteth to much.

TAke coliander seedes, fine beaten in powder and drink it with minte water.

To make a ſcare cloth for all manner of aches.

TAke a pound of vnwrought waxe, halfe a pound of roſin, two ounces of frankinſence, a pounde and halfe of ſheepes ſuet and boyle them altogether, and ſtraine them in a faire baſon, and then put them in a chafindiſh of coales, and dip a lynnen cloth therein, and ſo lay it to the ſoare.

A medicine for a ring worme or Tetter.

TAke red docke rootes, and ſlitte them, and lay them in vineger, and ſo waſh the ring worme or tetter.

A medicine for the ſtich.

TAke wheat flower, & bake a cake and cut it in the midſt, then ſtrike the dowe ſides all ouer with tarre,

and lay it to the patient as hotte as may be, you must lay the one halfe of the cake to the one side of the patiēt, the other halfe to the other side.

A Poultis for all manner of swelling.

TAke a lapfull of wilde Mallowes, and seeth them in running water till they be tender, and then swing them, and choppe them small, then take a penyworth of sweet butter, and the crummes of white bread, and put the mallowes and all into a quart of milke, and seeth it till it be thicke, and stirre it well, then lay it to the griefe as warme as can be suffered.

A medicine for the Cough.

TAke musterd seeds and put it into figs, and seeth it in ale & drinke it.

A medicine for the Mother.

TAke Rosin and beate it very fine, and put into sallet oyle and white wine

wine and drinke it, and it will doe you good.

A medicine for the bloodie flixe.

TAke the pilles of Pomegranut, beate them, and drinke them with redde wine, Morning and Euening blood warme, and heat a bricke red hotte, and lay it vnder a close stoole, and cast rosemary and malmesey on it, and let the patient sit ouer it.

A very good medicine for the Piles.

TAke the hard rowe of redde herring, and rost it hard, then take the fredes of nettles, and beat them together small, then beate them with barrowes greace, and boyle them together, and anoynt the piles therewith, then take a chafindish of coales, and set it vnder a close stoole, and cast a little Frankinsence thereon, and let the patient sit ouer it when they bee

anoynted with the foresaid ointment.

A medicine for a burne.

TAke oyle of Roses and womans milke, and put it into the open place, and it will heale it.

Another for the same.

TAke a linnen cloth cleane washt, and burne it, and make a powder thereof, and take the oyle of egges, and anoint the sore, then straw the powder thereon.

A medicine for the dropsie.

TAke Annyseeds, coriander seeds, spignard of spaine, vse this in your meate and drinke eight dayes together, and it will doe you good.

A medicine to drie a sore.

TAke a pot of smiths water, a quarterne of roch Allom, halfe a pinte of

of oyle of oliues, and put thereto a handfull of ſage and boyle them together till they be halfe conſumed, then vſe it to the ſoare, and it will drie it.

A medicine for an ache that commeth againſt raigne.

TAke the hornes of a ſtag, cut them in ſmall peeces, and boyle them in water, till it bee conſumed from a gallon to a quart, then poure the water from the bones, and it will gellie when it is cold, and therewith annoynt the greeued place againſt the fire, euening and morning.

A medicine for a burne or ſcald

TAke mallowes & ſmaleg, and ſeeth them in water, & whē they be tender, take them forth, & wring out the water cleane, chop them ſmall and ſet them on a chafindiſh of coales & put

to it a little sheepes suet, and make of it a salue, and lay it to the sore place thicke, and lay a cloth vpon it, and tye it on.

A salue for any olde sore.

TAke the inner rind of an oake that is not very olde, and burne it to a coale, then quench it and make thereof a powder, and temper it with the yolke of an egge, and make thereof a salue.

To make a drinke for a burning Ague.

TAke a quart of running water, and halfe a pint of vineger, halfe a quarter of a pinte of Rose water, a quarter of a pound of Suger, and one sticke of Cynamond, and boyle them all together, let it coole, and giue the sicke to drinke.

A

A medicine for the heate of the Liuer.

TAke wort of the first tappe, and drinke it euery morning next your heart for a moneth together, and it will helpe you.

A medicine to make a yong Child goe to stoole.

TAke May butter, and chafe the Nauell therewith against the fire, then take some blacke wooll that groweth betweene a blacke sheepes legges, and dip it in the May butter, and drie it, then lay it to the Nauell, it is good for an olde man also that cannot take no inward medicine.

An approued medicine for the Nauell when it commeth out with crying.

TAke waxe which is vsed no other way, but to take the hony from it, and when you haue an occasion, melt

melt some of the waxe in a Saucer, and dippe blacke wooll in it, and lay it to the Nauell, and it will helpe it.

A medicine for the swelling of a Childs coddes.

TAke redde rose leaues, and bray them, and boyle them in red wine an houre, then wette a cloth in it, and lay it to the childs nauell, as hotte as you can suffer it.

A medicine to staunch the flixe.

TAke a saucer full of the iuyce of Milfoyle, & as much of the iuyce of plantine, and wheate flower, and temper it with the iuyce of the herbs and so make a cake of it, and bake it and eate it hotte.

For to staunch blood at the nose, or at a veyne that is cutte, proued.

TAke feathers burned to powder, and lay it vpon the vayne that is cutte,

cutte, and also take a wette cloth and lay it round about the members, and wette the cloth three times, and lay it to cold euery time, and it shall stench whereſoeuer it be, proued.

For to helpe a drunken Man or Woman for euer.

GIue him a purgation, and after that giue him a swallow to drinke in powder for the space of twelue dayes, and for a moneths space giue him euery day to eate iiij. Almonds with foure leaues of wood beaten, you must eate them in the morning next your heart, proued.

For scabbes.

TAke snayles and pricke them, and take the water that commeth out of them, & anoint the scabs therwith, & take vine leaues and bind them to the scabs, & do it euery morning and euening,

euening, & you shalbe whole, proued.

To drie Scabbes.

TAke gumme-arabecke and put it in rose water till it be consumed, and wash them therewith, proued.

For the palsey or shaking in the hands.

TAke Sell and Eysill, & seeth them together, and wash thy handes therewith, and eat sage with musterd fasting.

To restore a man to nature that is in a consumption.

TAke the oldest Cocke you can get, scald him and draw him, and cut him all in pieces in a glassen pot, and stoppe him as fast as you can, and put amongst these pieces cloues, mace, small reasons, and salt, & then put this glasse into a great potte, and let all these seeth together till they be a gelly, and then straine it into a cleane

cleane veſſell, and giue it to the ſicke firſt and laſt, blood warme.

To reſtore the braine.

TAke powder of Bittany, and vſe it in your pottage, it will reſtore the braine and deſtroy the ſtone.

For a perilous Cough.

TAke Sage, Rue, and Commin, and ſtampe them with pepper, ſeeth them together with hony, and thereof make an electuary, and vſe thereof a ſpoonefull Euening and Morning, and by the helpe of God it ſhall doe you good.

For them that cannot ſee, and haue red eyes.

TAke white vineger, and rub vpon a whetſtone in a faire baſon, and take as much ſalt as powder, and grinde them well together in a baſon, and

and temper them with wine, and let it ſtand a day and a night, and put it in a violl of glaſſe, you muſt take the thinneſt that ſtandeth aboue in the baſon, and put in your glaſſe, and when the patient goeth to bed, take a fether and wet therein, and anoint your eyes.

To annoynt the face and to make it white.

TAke freſh Bacon greaſe, and the whites of egges, and ſtampe them together, and a little powder of bayes and annoynt your face therwith, and it will make it white.

For a fayre face, proued another way.

TAke Plantane and white vineger, and ſtill them together, and waſh your face therewith fifteene dayes, morning and euening, and after this, drinke a draught of vineger in the morning once in three dayes.

To

To make the face white and faire.

TAke Rosemary and boyle it in white wine, and wash thy face therewith, and you shall be faire, then take Erigan, and stampe it, and take the iuyce thereof, and put it all together, & wash thy face therwith, prob.

To helpe the face with red pimples.

TAke Bay berries and plucke off the huskes and make fine powder thereof, and temper it with hony, and annoynt thy face therewith sixe times, and it will helpe you.

To draw broken bones foorth of the head.

TAke Bittany, Verueine, and Rue, and stampe them all together very small, and put thereto Rye meale, or wheate, and the white of an egge, and make a plaster and lay it to the head.

To

To quench one's thirst.

TAke the roote of Louege, wash it cleane, and stampe it, and temper it with water, and drinke a good draught of it fiue nights together, and drinke not in two houres after it.

For one that speaketh in his sleepe.

TAke Southernwood, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goeth to bedde.

For a woman that hath too much of her flowers.

TAke the foote of a hare, and burne it to powder, and drinke thereof with red wine, and Cynamond first and last nine dayes, and it will helpe her.

FINIS.

MUSEUM BRITANNICUM